

Diet Plan - JMD World School

7th April - 12th April '25

Meal/Day of the week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Breakfast	• Breakfast - Rooh- afza milk - Salted sevai (wheat sevai with lots of veggies) - Saute moong dal sprouts with lemon and salad	• Breakfast - Banana shake - Nutrela wrap	• Breakfast - Pudina chach - Besan bread - Tomato ketchup/ - Green dhaniya chutney		• Breakfast - Kesar milk - Beetroot masala paratha - Saute moong dal sprouts with lemon and salad - Plain curd - Tamatar adrak chutney	
 Fruit Break	• Whole Fruit -Watermelon	• Whole Fruit - Orange	• Whole Fruit - Apple		• Whole Fruit - Grapes	
 Lunch	• Main Course: Nutrela veg • Roti : Wheat roti • Rice : Plain Rice • Chutney: Chutney • Salad : Plain salad • Curd : Plain curd • Papad :Aloo papad/ optional	• Main Course: Mah chana dal,Sem aloo veg • Roti : Wheat roti • Rice : Plain Rice • Chutney: Chutney • Salad : Plain salad • Curd : Plain Curd • Papad :Aloo papad/ optional	• Main Course: Chilli paneer • Rice : Fride Rice • Chutney: Chutney • Salad : Plain salad • Papad :Aloo papad/ optional	HOLIDAY MAHAVIR JAYANTI	• Main Course: Dal • Pakwaan (sindhi's special) • Chutney: Chutney • Salad : Plain salad • Papad :Aloo papad/ optional	PTM
 Evening Snacks	• Short Bites : - popcorn - Tang	• Short Bites : - Vanilla pastry - Aamiya panna	• Short Bites : - Banana chips - Elaichi milk		• Short Bites : - Boiled corn chaat - Orange juice	

Note : "Menu may change according to the availability of the material."