



VSPK
International School

M EAL PLANNER E N U JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Dal Makhani + Roti Extra- Pastry	2 Sambar Rice Extra- Vada	3 Kadai Paneer Extra- Samosa	4 Veg. Upma Extra- Same	5 Veg.- Sandwich Extra- Grill Sandwich	6
7	8 Veg.- Pulav Extra- Pastry, Raita	9 Gatta + Roti Extra- Pastry	10 Chole Chawal Extra- Muffins	11 Pav Bhaji Extra- Muffins	12 Lemon Rice Extra- Cream Roll, Raita	13
14	15 Kadi + Chawal Extra- Cream Roll	16 Aalo Masala + Roti Extra- French Fries	17 Mix Dal + Roti Extra- Samosa	18 Rajma + Rice Extra- Bread Pakoda	19 Idli Samar Extra- Patties	20
21	22 Kadai Paneer Roti Extra- French Fries	23 Chole Bhatore Extra Pastry	24 Dal Chawal Extra- Patties	25 Stuffed Paratha Extra- Cream Roll	26 Idli Sambar Extra- Patties	27
28	29 Pav Bhaji Extra- Patties	30 Mix Dal + Roti Extra- Pastry	31 Onion Paneer + Roti Extra- Pastry			

****Lactose intolerance (Allergic to Milk Products)/Nuts allergic(Peanut & Dry Fruits) should be inform earlier.**
****Disclaimer: Menu may change according to the availability of material.**