



VSPK International School

MEAL PLANNER MENU SEPT 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Dal + Rice	3 Loki + Roti	4 ● Idli + Sambar Any Fruit	5 Chhole Bhature	6 Veg. Biryani	7 Pasta
8	9 Veg. Sandwich	10 Kadai Paneer + Roti	11 Vada + Sambar○ Any Fruit	12 Frankie	13 Chhole Bhature	14 Chowmein
15	16 Dal + Rice	17 Mix. Veg + Roti	18 Idli + Sambar ○ Any Fruit	19 Pav Bhaji	20 Kadi Chawal	21 Pasta
22	23 Aloo Paratha	24 Shahi Paneer	25 Vada + Sambar● Any Fruit	26 Veg. Sandwich	27 Pav Bhaji	28 Chowmein
29	30 Dal + Rice					

****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.**