



VSPK
International School

M EAL PLANNER ENU NOV 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Dal+ Rice	5 Roti + Paneer	6 Idli Sambar+Fruit	7 Burger	8 Chila	9 Chowmein
10	11 Veg. Biryani	12 Aloo Paratha+Raita	13 Pav Bhaji+Fruit	14 Veg. Frankie	15 Holiday	16 Pasta
17	18 Kadi Chawal	19 Paneer Paratha	20 Grill Sandwich+Fruit	21 Idli Sambar	22 Mayonnaise	23 Chowmein
24	25 Rajma Chawal	26 Gobhi Paratha+Dahi	27 Burger+Fruit	28 Chole Bhature	29 Kaale Channe + Puri	30

****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.**