



VSPK
International School

M EAL PLANNER E N U JAN 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------|-------------------------------|------------------------------|----------------------|--------------------|-----------------------|----------------|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 Dal+Rice | 7 | 8 | 9 Idli+Sambhar | 10 Methi paratha | 11 Poha |
| 12 | 13 Veg pulao | 14 Holiday | 15 Aloo paratha | 16 Pav-Bhaji | 17 Paneer chila | 18 Pasta |
| 19 | 20 Manchurian + Rice | 21 Kadai Paneer+Roti | 22 Dal Roti+Sabji | 23 Idli+Sambhar | 24 Chole kulche | 25 Chowmien |
| 26 Republic Day | 27 Veg sandwich | 28 Palak paratha+Raita | 29 Burger | 30 Pav-Bhaji | 31 Aloo Bhaji+Puri | |

****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.**