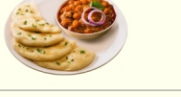
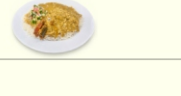
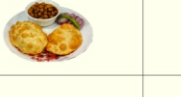




VSPK
International School

MEAL PLANNER MENU JULY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Kadai Paneer 1 Chapati 	Idli Sambhar 2 	Kadhi Chawal 3 	Chole Kulche 4 	Pasta 5 
6 	Mix. Veg. Chapati 7	Veg. Burger 8 	Rajma Jeera Rice 9 	Vada Sambar 10 	Seasonal Veg. With Chapati And Bundi Raita 11 	12 
13 	Veg. Biryani 14 and Raita	Aloo Paratha 15 Desi Pickle 	Veg. Chila 16 Tometo Sauce 	Rajasthani Gatte with Chapati 17 	Dal Rice 18 	Bread Pakoda 19 
20 	Chana Masala 21 Chapati	Kadai Paneer 22 Chapati 	Veg. Wrap 23 	Grill Sandwich 24 	Pav Bhaji 25 	Chowmein 26 
27 	Lauki Sabji 28 Chapati	Dal Rice 29 	Dahi Stuff Paratha 30 	Chole Bhature 31 		

****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.**