



**VSPK**  
International School

# MEAL PLANNER

## ENU SEP 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Rajasthani Kadi 1 with Rice 	Idli Sambhar 2 	Seasonal Veg. 3 With Chapati 	Veg. Burger 4 	Aloo Paratha 5 Boondi Raita 	Pasta 6 
7 ○	Rajma 8 Rice 	Vada Sambar 9 	Paneer 10 Chapati 	Besan Chila 11 	Stuff Paratha 12 	Chowmein 13 
14 ●	Chola Chawal 15 	Veg. Grill 16 Sandwich 	Lauki Chana 17 Chapati 	Pav Bhaji 18 	Rajasthani 19 Gatte with Chapati 	Bread Pakoda 20 
21	Veg. Biryani 22 	Chole 23 Bhature 	Veg. Cutlet 24 Chatni 	Frankie 25 Veg. Wrap 	Masala Bhindi 26 With Chapati 	Navrang 27 Dandiyaosav-3.0
28	Dal Rice 29 	Seasonal Veg. 30 With Chapati 				

**\*\*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.**