



VSPK
International School

MEAL PLANNER

ENU NOV 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						PTM 1
2	Kadhi Chawal  3	Veg. Chilla Tomato Sauce/ Hari Chutney  4	Guru Nanak Jayanti  5	Seasonal Veg. Chapati  6	Veg. Biryani  7	2 nd Saturday 8
9	Rajma Chawal  10	Idli Sambhar  11	Methi Paratha Chutney  12	Chole Bhature Kulcha  13	Veg. Burger  14	Pasta 15
16	Dal Chawal  17	Stuffed Paratha (Mooli)  18	Stuffed Paratha (Aloo) Chutney  19	Kadai Paneer Chapati  20	Veg. Wrap  21	Chowmein 22
23	Chole Chawal  24	Grill Sandwich  25	Stuffed Paratha (Gobi) Chutney  26	Aloo Matar Chapati  27	Vada Sambhar  28	Pasta 29
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.**