



VSPK
International School

M EAL PLANNER ENU JAN 2026

	North Indian	Street Food	South Indian	Regional Food	Carb Day	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	Rajma Chawal Green Salad 5	Manchurian Fried Rice 6	Idli/ Vada Sambhar 7	Pav Bhaji 8	Chole Bhature/ Kulcha 9	10
11	Dal Chawal 12	Pasta 13	Uthappam 14	Veg. Burger 15	Aloo Paratha Chutney Aloo Sandwich 16	17
18	Kadhi Chawal 19	Veg. Maggie 20	Besan/ Dal Chilla 21	Dal Pakwan Chapati 22	Stuffed Paratha (Gobi) Pickle (Achar) 23	24
25	Chole Chawal Chole Tikki 26	American Chopsuey 27	Sambhar Rice 28	Chapati Mix Veg 29	Paneer Pyaj Paratha Hari Chutney 30	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.**