





























VSPK
International School

M EAL PLANNER
E NU JUL 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Pav Bhaji 	2 Veg Pulao 	3 Chole Kulche 	4 Pasta 
5	6 Bread Sandwich 	7 Rajma Chawal 	8 Veg Chilla with Hari Chatni 	9 Stuffed Paratha 	10 (Ekadashi) Chola Bhature 	11 (Ekadashi) 2 nd Saturday
12	13 Grill Sandwich 	14 (Amawasya) Khadi Chawal 	15 Aloo Paratha, Raita / Chatni 	16 (Rath Yatra) Machuriyan Noodles 	17 Veg Kofta Chapati 	18 Pasta 
19	20 Idli Sambhar 	21 Jeera Aloo Chapati 	22 Dal Chawal 	23 Veg Burger 	24 Lauki Chana Dal Chapati 	25 (Ekadashi) Chowmin 
26	27 Vada Sambhar 	28 Chole Chawal 	29 (Guru Purnima) Kadai Paneer Chapati 	30 Stuffed Paratha 	31 Mix Veg 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.**