



VSPK
International School

MEAL PLANNER

ENU OCT 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Chole Kulche 1 	Veg. Sandwich 2 	PTM 3 
4	Dal Chawal 5 	Chapati Veg. Ghobi 6 	Idli Sambhar 7 	Veg Chilla with Hari Chatni 8 	Veg Burger 9 	Khadi Chawal 10 
11	Frankie 12 	Aalo Paratha 13 	Vada Sambhar 14 	Pav Bhaji 15 	Aalu Tomato Chapati 16 	VSPK Navrang 17 Dandiyaosav-4.0 
18 	Navmi Navratri 19 	Dusshera 20 	Veg Pulao Raita 21 	Paneer Chapati 22 	Chole Kulche 23 	Chowmin 24 
25	Khadi Chawal 26 	Mix Veg Chapati 27 	Idli Sambhar 28 	Aalo Paratha 29 	Veg. Sandwich 30 	Pasta 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.**