



**VSPK**  
INTERNATIONAL SCHOOL

# MEAL PLANNER MENU

**AUGUST 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1</p> <p><b><u>BREAKFAST:</u></b></p> <p>Fruits</p> <p><b><u>Lunch:</u></b></p> <p>Mixed Dal + Roti</p>	<p>2</p> <p><b><u>BREAKFAST:</u></b></p> <p>Chocos milk</p> <p><b><u>LUNCH:</u></b></p> <p>Matar Kulcha + Besan Burfi</p>	<p>3</p> <p><b><u>BREAKFAST:</u></b></p> <p>Sandwich</p> <p><b><u>LUNCH :</u></b></p> <p>Black Gram + Puri</p>
<p>5</p> <p><b><u>BREAKFAST:</u></b></p> <p>Veg Corn Chat + Banana</p> <p><b><u>Lunch:</u></b></p> <p>Dal Makhani + Chapati</p>	<p>6</p> <p><b><u>BREAKFAST:</u></b></p> <p>Veg Pasta + Lemonade</p> <p><b><u>Lunch:</u></b></p> <p>Jeera Aloo + Parantha</p>	<p>7</p> <p><b><u>BREAKFAST:</u></b></p> <p>Seasonal Fruits</p> <p><b><u>Lunch:</u></b></p> <p>Mix Veg + Chapati</p>	<p>8</p> <p><b><u>BREAKFAST:</u></b></p> <p>Fritters</p> <p><b><u>Lunch:</u></b></p> <p>Palak Paneer + Chapati</p>	<p>9</p> <p><b><u>BREAKFAST:</u></b></p> <p>Cheese Sandwich</p> <p><b><u>LUNCH:</u></b></p> <p>Chick Pea + Rice + Custard</p>	<p>10</p> <p><b>SECOND SATURDAY</b></p>

12 <b><u>BREAKFAST:</u></b> Falafel Cutlet  <b><u>Lunch:</u></b> Idli Sambhar	13 <b><u>BREAKFAST:</u></b> Rose Milk + Banana  <b><u>Lunch:</u></b> Mix Dal + Chapati	14 <b><u>BREAKFAST:</u></b> Tri-Colour Sandwich  <b><u>Lunch:</u></b> Veg Biryani (Tricolour) + Gujrati Dip + Jalebi	15  <b>INDEPENDENCE DAY</b>	16 <b><u>BREAKFAST:</u></b> Veg Vermicili  <b><u>LUNCH:</u></b> Curry Pakora + Rice + Chapati	17 <b><u>BREAKFAST:</u></b> Fruits  <b><u>LUNCH :</u></b> Shahi Paneer + Chapati + Rasgulla
19  <b>RAKSHABANDHAN</b>	20 <b><u>BREAKFAST:</u></b> Fruits  <b><u>Lunch:</u></b> Aloo Beans + Lentils + Chapati + Rice	21 <b><u>BREAKFAST:</u></b> Veg Sandwich + Seasonal Juice  <b><u>Lunch:</u></b> Dal Makhani + Chapati	22 <b><u>BREAKFAST:</u></b> Fruits  <b><u>Lunch:</u></b> Potato Cauliflower Subzi + Raita + Chapati	23 <b><u>BREAKFAST:</u></b> Veg Cutlet + Chutney  <b><u>LUNCH:</u></b> Curry Pakora + Rice + Chapati + Makhan Bhog	24  <b>FOURTH SATURDAY</b>
26  <b>JANMASHTAMI</b>	27 <b><u>BREAKFAST:</u></b> Veg Poha + Lemonade  <b><u>Lunch:</u></b> Rajma Rice	28 <b><u>BREAKFAST:</u></b> Chocolate Milk + Besan Chila  <b><u>Lunch:</u></b> Pao Bhaji	29 <b><u>BREAKFAST:</u></b> Fruits  <b><u>Lunch:</u></b> Mix Dal + Chapati+ Rasgulla	30 <b><u>BREAKFAST:</u></b> Veg Stuffed Prantha  <b><u>LUNCH:</u></b> Mix Veg + Raita + Chapati	31 <b><u>BREAKFAST:</u></b> Fruits  <b><u>LUNCH :</u></b> Chole Bhature + Rice

\*\*Lactose intolerance (Allergic to Milk Product)/Nuts allergic (Peanut & Dry fruits) should be informed earlier.

\*\*Disclaimer: Menu may change according to the availability of material.