



VSPK
INTERNATIONAL SCHOOL

MEAL PLANNER MENU

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p><u>BREAKFAST:</u> Seasonal Fruits</p> <p><u>Lunch:</u> Lentil + Roti/Rice + Mix Vegetable Ice-Cream</p>	<p>2</p> <p><u>BREAKFAST:</u> Besan Chila + Lemonade</p> <p><u>Lunch:</u> Aloo Puri</p>	<p>3</p> <p><u>BREAKFAST:</u> Seasonal fruit</p> <p><u>Lunch:</u> Chickpeas + Rice + Pastry</p>	<p>4</p> <p><u>BREAKFAST:</u> Fritters + Green Chutney(Mint) + Mango Shake</p> <p><u>Lunch:</u> Rajma Rice + Besan Burfi</p>	<p>5</p> <p><u>BREAKFAST:</u> Veg Poha + Roohafza Milk</p> <p><u>LUNCH:</u> Pao Bhaji</p>	<p>6</p> <p><u>BREAKFAST:</u> Veg Cheese Sandwich + Muskmelon</p> <p><u>LUNCH :</u> Moong dal whole + Lady Finger + Chapati + Rice</p>

<p>8</p> <p><u>BREAKFAST:</u></p> <p>Veg Idli + Lemonade</p> <p><u>LUNCH:</u></p> <p>Makhani Dal + Chapati + Rice</p>	<p>9</p> <p><u>BREAKFAST:</u></p> <p>Fruits</p> <p><u>LUNCH:</u></p> <p>Gourd Curry + Potato Cauliflower + Chapati</p>	<p>10</p> <p><u>BREAKFAST:</u></p> <p>Aloo Prantha + Dahi</p> <p><u>LUNCH:</u></p> <p>Chole + Puri + Burfi</p>	<p>11</p> <p><u>BREAKFAST:</u></p> <p>Falafel Cutlet + Lemonade</p> <p><u>LUNCH:</u></p> <p>Shahi Paneer + Chapatti</p>	<p>12</p> <p><u>BREAKFAST:</u></p> <p>Strawberry Milk+ Banana</p> <p><u>LUNCH:</u></p> <p>Rajma + Rice</p>	<p>13</p> <p>SECOND SATURDAY</p>
<p>15</p> <p><u>BREAKFAST:</u></p> <p>Mango Punch + Cucumber Sandwich</p> <p><u>LUNCH:</u></p> <p>Mix Veg + Curd + Chapati</p>	<p>16</p> <p><u>BREAKFAST:</u></p> <p>Suji Chila + Roohafza Milk</p> <p><u>LUNCH:</u></p> <p>Aloo Beans + Mix Dal + Chapati + Rice</p>	<p>17</p> <p>MUHARRAM</p>	<p>18</p> <p><u>BREAKFAST:</u></p> <p>Veg Vermicelli + Lemonade</p> <p><u>LUNCH:</u></p> <p>Makhani Dal + Chapati</p>	<p>19</p> <p><u>BREAKFAST:</u></p> <p>Fruits</p> <p><u>LUNCH:</u></p> <p>Aloo Matar + Chapati</p>	<p>20</p> <p><u>BREAKFAST:</u></p> <p>Veg Sandwich + Lemonade</p> <p><u>LUNCH:</u></p> <p>IdliSambhar + Coconut Chutney</p>
<p>22</p> <p><u>BREAKFAST:</u></p> <p>Mix Veg Parantha + Fruits</p> <p><u>LUNCH:</u></p> <p>Pao Bhaji + Rasgulla</p>	<p>23</p> <p><u>BREAKFAST:</u></p> <p>Veg Poha + Lemonade</p> <p><u>LUNCH:</u></p> <p>Shahi Paneer + Chapati</p>	<p>24</p> <p><u>BREAKFAST:</u></p> <p>Veg Idli + Banana</p> <p><u>LUNCH:</u></p> <p>Aloo Puri</p>	<p>25</p> <p><u>BREAKFAST:</u></p> <p>Suji Chila + Fruit Juice</p> <p><u>LUNCH:</u></p> <p>Pasta + Noodles</p>	<p>26</p> <p><u>BREAKFAST:</u></p> <p>Fruits</p> <p><u>LUNCH:</u></p> <p>Mix Veg + Chapati + Butter Milk</p>	<p>27</p> <p>Fourth Saturday</p>

<p>29</p> <p><u>BREAKFAST:</u></p> <p>Cheese Sandwich + Strawberry shake</p> <p><u>LUNCH:</u></p> <p>Chole + Bhature + Rice</p>	<p>30</p> <p><u>BREAKFAST:</u></p> <p>Veg Pasta + Musk Melon</p> <p><u>LUNCH:</u></p> <p>Mix Veg + Chapati + Pastry</p>	<p>31</p> <p><u>BREAKFAST:</u></p> <p>Fruits</p> <p><u>LUNCH:</u></p> <p>Pao Bhaji + Ice-Cream</p>			
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****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.**