



VSPK

INTERNATIONAL SCHOOL

MEAL PLANNER MENU

MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1</p> <p>BREAKFAST: fruit</p> <p>Lunch: white chickpea curry + beetroot puri</p>	<p>2</p> <p>BREAKFAST: clubbed veg sandwich + roohafza milk</p> <p>Lunch: makhani Dal + Roti / rice+ Mix veg</p>	<p>3</p> <p>BREAKFAST: Besan Veg Chila + curd</p> <p>LUNCH : Aloo mutter gravy + Roti/Rice + salad(carrot, tomato, onion)</p>	<p>4</p> <p>MUN</p>
<p>6</p> <p>BREAKFAST: Hara Bhara Kabab + lemonade</p> <p>LUNCH: Aloo Gobhi + Roti + Boondi Raita</p>	<p>7</p> <p>BREAKFAST: Fruit</p> <p>LUNCH: Chole Bhature + besan burfi</p>	<p>8</p> <p>BREAKFAST: Veg Poha + aam pana</p> <p>LUNCH : Rajma + Jeera Aloo + Rice/Roti + Green Salad (cucumber. Onion)</p>	<p>9</p> <p>BREAKFAST: fruit</p> <p>LUNCH: Lady Finger + mixed dal + chapatti / rice + pastry</p>	<p>10</p> <p>BREAKFAST: Veg sandwich + roohafza milk</p> <p>LUNCH: Cowpea + rice + chapatti + Ice-Cream</p>	<p>11</p> <p>PTM</p> <p>Nur - V - Summer Break Start</p>

<p>13</p> <p>BREAKFAST: Chocos + Milk</p> <p>LUNCH: Pao Bhaji + french fries</p>	<p>14</p> <p>BREAKFAST: Paneer Bread Pakora With Chutney and Bournvita Milk</p> <p>LUNCH: Kadhai Paneer + mix veg sabzi + Roti/Rice</p>	<p>15</p> <p>BREAKFAST : Fruit</p> <p>LUNCH: Arhar Dal + Mix Veg + Rice/Roti</p>	<p>16</p> <p>BREAKFAST: Veg club sandwich + Roohafza milk</p> <p>LUNCH: Rajma + Aloo Gobhi + Rice/Roti</p>	<p>17</p> <p>BREAKFAST: Fruit</p> <p>LUNCH: Lentils + Aloo beans + Roti + Besan Burfi</p>	<p>18</p> <p>PTM</p> <p>VI - XII - Summer Break Start</p>
<p>20</p> <p>BREAKFAST : Poha + Lemonade</p> <p>LUNCH: Makhani Dal + Mix Veg + Rice/Roti</p>	<p>21</p> <p>BREAKFAST : Uttapam +aam pana</p> <p>LUNCH: Rajma rice</p>	<p>22</p> <p>BREAKFAST: Fruit</p> <p>LUNCH: Aloo puri+ Salad</p>	<p>23</p> <p>BREAKFAST: Stuffed parantha + lemonade</p> <p>LUNCH: Pao Bhaji + Salad</p>	<p>24</p> <p>BREAKFAST : Clubbed Sandwich</p> <p>LUNCH: Kadhai Paneer + Lady finger +roti / rice</p>	<p>25</p> <p>BREAKFAST: Fruit</p> <p>LUNCH: Idli Sambhar + Chutney</p>

****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.**