



VSPK
INTERNATIONAL SCHOOL

MEAL PLANNER MENU JULY 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|--|---|
| | 1 Breakfast: Roohafza Milk+ Cutlet Lunch: Idli/ Vada + Sambhar + Ice Cream | 2 Breakfast:- Fruits Lunch:- Dal Makhani+ Dahi Bhalla+ Chapati+ Rice | 3 Breakfast:- Veg. Sandwich Lunch:- Chole Bhature + Besan Barfi | 4 Breakfast:- Fruits Lunch:- Veg Pasta + Pastry | 5 Breakfast:- Mango Shake Lunch:- Aloo Matar + Chapati |
| 7 Breakfast:- Flavoured Milk Lunch:- Pav Bhaji | 8 Breakfast:- Hara Bhara Kabab Lunch:- Aloo Paratha+ Curd | 9 Breakfast:- Fruits Lunch:- Aloo Puri + Ice cream | 10 Breakfast: Bread Pakora Lunch:- Mix Veg + Chapati | 11 Breakfast:- Fruits Lunch:- Paneer Butter Masala + Chapati | 12 SECOND SATURDAY |
| 14 Breakfast:- Falafal Lunch:- Mix Dal + Aloo Beans + Chapati + Rice | 15 Breakfast:- Mango Shake Lunch:- Mix Veg.+ Curd + Chapati | 16 Breakfast:- Fruits Lunch:- Chole Bhature + Pastry | 17 Breakfast:- Cutlet Lunch:- Kadhi Pakora +Rice+ Brownie | 18 Breakfast:- Stuffed Paratha Lunch:- Ghiya Kofta + Chapati + Hide 'n' seek Biscuit | 19 Breakfast:- Fruits Lunch:- Dosa Sambhar |
| 21 Breakfast:- Chilla + Green Chutney Lunch:- Rajma Rice | 22 Breakfast:- Fruits Lunch:- Aloo Kachori+ Ice Cream | 23 Breakfast:- Mix Fruits Lunch:- Pav Bhaji + Merlin Chocolate | 24 Breakfast:- Veg. Sandwich Lunch:- Manchurian + Fried Rice | 25 Breakfast:- Fruits Lunch:- Shahi Paneer + Chapati + Salad + Pastry | 26 FOURTH SATURDAY |
| 28 Breakfast:- Mango Shake Lunch:- Noodles + Veg. Pasta | 29 Breakfast :- Veg. Cutlet Lunch:- Kadhi Pakora + Rice + Pastry | 30 Breakfast:- Fruits Lunch:- Aloo Gobhi + Lentils + Chapati | 31 Breakfast:- Fruits Lunch:- Rajma Rice+ Ice cream | | |

****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.**