VSPK INTERNATIONAL SCHOOL

MEALPLANNERMENUDECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1.Breakfast :Chocó's +Milk Lunch : Kadhi +Dry Aloo+ Rice/Roti +Papad	2.Breakfast :Green Peas+Poha +Roasted Makhana Lunch : Aloo+Puri
4. Breakfast :Vermiceilli Lunch :Moong Dal+Kofta +Rice/Roti+Salad	5. Breakfast :Fruits Lunch :Lobiya +Aloo Beans +Rice/Roti +Gulab Jamun	6.Breakfast : Hot Chocolate Milk +Cookies/Biscuits Lunch :Rajma +Rice/Roti + Salad	7. Breakfast :Bread Pakoda +Bournvita Lunch :Red Sauce Pasta +Corn Spinach Sandwich	8. Breakfast :Cutlets + Milk Lunch : Arhar Dal+Mix Veg +Rice/Roti	SECOND SATURDAY 2nd SATURDAY
11.Breakfast :Besan Chilla + chutney Lunch :Rajma +Rice/Roti	12. Breakfast:Fruit Lunch : Chole Chawal	13. Breakfast : Hara Bhara Kabab +Tomato Soup Lunch : Idli Vada +Sambhar +Chutney	14. Breakfast :Bread Roll Lunch :Paav Bhaji	15. Breakfast :Fruit Lunch :Gobhi Paratha and White Butter	16. PTM
18. Breakfast :Paneer Pakoda+Milk Lunch :Dal Makhani + Gazar Matar +Rice/Roti	19. Breakfast :Corn Chaat Lunch : Black Masoor Dal + Rice/Roti +Salad	20.Breakfast :Palak Parantha + Butter Lunch :Idli +Sambhar	21.Breakfast : CornFlakes +Milk Lunch :Amritsari dal + Gobhi Mattar + Rice Roti	22. Breakfast :Fruit Chart Lunch :Matar,Kulcha + Dahi Bhalla	23 Yuletide Avocation
25. Holiday X - Mas	26.Breakfast :Maggi Lunch :Sarson ka Saag +Makke Dl Roti + Gud	27. Breakfast :Matar Parantha +Butter Lunch :Chhole Bhature	28.Breakfast :Cornflakes +Milk Lunch :Arhar Dal +Palak Paneer+Rice/Roti +Papad	29. Breakfast :Aloo Sandwich Lunch : Noodles with Schezwan Chutney + Fried Rice	30 SATURDAY

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

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