VSPK INTERNATIONAL SCHOOL

MEALPLANNERMENUNOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		KarwaChauth Holiday	2.Breakfast :Fruit +Milk Lunch : Rajma+JeeraAloo+Rice/ Roti	3.Breakfast : Cornflakes + Milk Lunch : PavBhaji	AVOCATION BAZAR
6.Breakfast :Pasta Lunch :Chole +Rice/Roti + Salad	7.Breakfast : Paneer Sandwich +Hot Chocolate Milk Lunch : Noodles+Fried Rice	8. Breakfast :Milk + Fruit Lunch : Dal Fry +AlooMatar+ Rice/Roti	9.Breakfast :Vermicelli + Hot Milk Lunch :IdliSambhar	10. Breakfast:Fruit + Milk Lunch :Choley Bhaturey + SoojiHalwa	11. Second Saturday 2nd SATURDAY
DIWALI BREAK 12,13,14 & 15			16. Breakfast:Bread Pizza + milk Lunch :chana ghiya masala +rice / roti	17. Breakfast : Chilla +Curd Lunch : Lobiya+Rice/Roti	18. Breakfast : Paneer Sandwich +Hot Chocolate Milk Lunch :Gobhi Parantha with Butter
20.Breakfast : Multi Grain Bread + Biscuit Lunch : PavBhaji	21.Breakfast : Macroni +Dates Lunch : Fry AlooGobhi +Rice/Roti	22. Breakfast : Bread Pakoda + Sprout Lunch :Kachori +Aloo Ki Sabji	23. Breakfast :Vermicelli + Milk Lunch : IdliSambhar +Coconut Chutney	24. Breakfast : Pasta +Tomato Chutney Lunch : Kadhayi Paneer + Roti	SATURDAY
27. HOLIDAY Guru Nanak Jayanti	28.Breakfast : Bread Roll +Milk Lunch :Kulcha +Matar + Chutney + Kheer	29. Breakfast : Spring Roll +Mint Chutney Lunch : Aloo + Puri	30. Breakfast : Fruit salad Lunch :Chaap + Roti +Salad		

** 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.