VSPK INTERNATIONAL SCHOOL

MEALPLANNERMENUOCTOBER2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2.GANDHIJAYANTI	3. Breakfast : Veg Cutlet+Apple Lunch : Ghiya Chana Dall+Paneer Butter Masala +Rice/Roti + Kesar Kheer	4.Breakfast : Besan Chilla+ Lemonade Lunch : Cholle Bhature +Sweet Lassi +Rice Onion Rings	5. Breakfast : Uttapam / Upma + Badam Milk Lunch : Chaap Masala +Roti +Curd+ Papad	6. Breakfast : Aloo Paratha +White Butter Lunch : Lobiya + Mix Veg +Rice/Roti + Boondi Raita	7. Breakfast : Hung Curd Sandwich + Dates Lunch : Aloo Gobhi Fry +Methi Roti+ Gud
9.Breakfast : Corn Chat + Multi Grain Biscuit Lunch : Dal Makhani + Aloo Gobhi + Rice/ Roti +Mix Raita	10. Breakfast : Cheese Paneer Roll + Hot Chocolate Milk Lunch : Rajmah + Jeera Aloo + Rice/Roti + Boondi Raita	11. Breakfast : Palak Paratha + Tomato Onion Chutney Lunch : Pasta +Corn Spinach Sandwich + French Fries	12. Breakfast : Batata Poha + Roohafza Lunch : Honey Chili Potato +Noodles + Veg Manchurian Rice+ Custard	13. Breakfast : Garlic Bread + Milk Lunch : Dal Fry +Bhindi + Rice/ Roti + Gulabjamun	14.SECOND SATURDAY
16.Breakfast : Veg Sandwich + French Fries Lunch : Arhar Dall +Methi Mutter Malayi +Rice/Roti	17.Breakfast : Hara Bhara Kabab +Bournvita Lunch : Kadhi +Jeera Aloo +Rice/Roti +Moong Dal Halwa	18.Breakfast : Cornflakes +Milk Lunch : Masoor Dal +Palak Paneer + Rice /Roti + Papad	19.Breakfast: Veg Macroni + Sweet Corn Soup Lunch : Rajma + Pumpkin + Roti /Rice+ Boondi Raita	20. Breakfast : Idli Sambar + Banana Chips Lunch : Black Chana + Roti /Rice+ Salad	21. Breakfast : White Chane + Beetroot Puri Lunch : Creamy Pasta +Garlic Bread +Roasted Sweet Potato
23.HOLIDAY	24.HOLIDAY	25. Breakfast : Bread Roll +Milk Lunch : Mutter Atta Kulcha + Dahi Bhalla +Chutney	26. Breakfast : Bread + Jam + Juice Lunch : Idli Vada +Sambhar	27. Breakfast : Paneer Sandwich +Hershey's Chocolate Milk Lunch : Noodles +Schezwan chutney +Fried Rice	28.BALMIKIJAYANTI
30. Breakfast : Cutlet +Milk Lunch : Yellow Moong Dal + Paneer Butter Masala + Rice/Roti	31.Breakfast : Besan Chilla +Tomato Soup Lunch : Aloo Mutter Gravy +Mix Veg. +Rice/Roti + Boondi Laddu				

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

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