



VSPK
INTERNATIONAL SCHOOL

MEAL PLANNER MENU

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 OFF
3 Breakfast: Fruits Lunch: Pav bhaji+ Salad	4 Breakfast: Fruits Lunch: Paneer Butter Masala+ Chapati	5 Breakfast: Fruit Lunch: Mix Veg.+ Chapati+ Curd	6 Breakfast: Veg. Sandwich Lunch: Matar Kulcha	7 Breakfast: Fruit Lunch: : Idli/ Vada/ Uttipam + Sambhar + Coconut Chutney	8 SECOND SATURDAY
10 Breakfast: Grilled Sandwich Lunch: Rajma + Rice+ Chapati+ Salad	11 Breakfast: Fruits Lunch : Dal Makhani + Aloo Gobhi+ Rice + Chapati + Salad	12 Breakfast: Fruits Lunch: Chole Bhature + Rice + Salad	13 Breakfast: Bread Pakora Lunch: Dal tadka+ Jeera Aloo + Rice + Chapati+ Salad	14 Breakfast: Fruit chaat Lunch: Tri Colour Rice+ Dip+ Tri Color Poori+Aloo Gravy + Tri Colour Boondi Laddoo	15 Independence day
17 Breakfast: Fruits Lunch: Masoor Dal +Aloo Jeera + Rice + Chapati+ Salad	18 Breakfast: Besan Chilla Lunch: Mix Veg+ Chapati+ Salad	19 Breakfast: Fruits Lunch: Paneer Butter Masala+ Chapati	20 Breakfast: Veg. Sandwich Lunch: Fried rice+ Manchurian + Noodles	21 Breakfast: Fruits Lunch: Idli/ Vada/ Uttipam + Sambhar + Coconut Chutney	22 FOURTH SATURDAY
24 Breakfast: Paneer Kulcha Lunch: Channa + Rice+ Chapati +Salad	25 Breakfast: Fruit Lunch: Pav Bhaji + Salad	26 MILAD-UN-NABI	27 Breakfast: Veg Roll Lunch: Aloo Kachori + Gulab Jamun	28 RAKSHA BANDHAN	29 OFF
30 Breakfast: Fruits Lunch: Mix Dal+ Lady Finger + Chapati+ Rice + Salad	31 Breakfast: Fruits Lunch: Shahi Paneer + Chapati + 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.			

