

VSPK International School, Sonipat**Meal Planner : May****Classes: III (Session 2025-26)**

1st May(Thursday)	Aalo beans + Chapati+Curd	15th May(Thursday)	Matar paneer+Chapati+Boondi Raita
2nd May(Friday)	Sandwich +Ketchup	16th May(Friday)	Potato Bites + Ketchup+Juice
3rd May(Saturday)	Tori+Chapati+curd	17th May(Saturday)	Petha + Puri+Salad
5th May(Monday)	Baingan bharta +Chapati+Curd	19th May(Monday)	Veg pulao+Curd
6th May(Tuesday)	Channa dal+Chapati+Salad	20th May(Tuesday)	Pyaz Paratha+Curd
7th May(Wednesday)	Bhindi+Chapati+Curd	21st May(Wednesday)	Pav+bhaji+salad
8th May(Thursday)	Aalo Jeera+Chapati+Curd	22nd May(Thursday)	Vegetable daliya(Porridge)
9th May(Friday)	Dal+Rice+Salad	23rd May(Friday)	Party food + Mango pudding
13th May(Tuesday)	Any Stuffed paratha +Curd	26th May(Monday)	Paneer bhurji+Chapati
14th May(Wednesday)	Ghiya kofta+Chapati+Salad	27th May(Tuesday)	Favorite food

Note-*Kindly send apron, table mat ,spoon and seasonal fruits regularly.

Ms.Garima	Ms.Saloni	Ms.Deepika Sharma	
HOD	Academic Representative	Principal	