

**VSPK International School, Sonipat**

**Meal Planner : January**

**Classes: Tulips-Carnations (Session 2025-26)**

<b>16th January (Friday)</b>	Palak Paneer + Chapati	<b>23rd January (Friday)</b>	Gajar Aloo Matar + Chapati+ Salad
<b>19th January (Monday)</b>	Mix veg.+Chapati	<b>27th January (Tuesday)</b>	Dal makhani + Chapati
<b>20th January (Tuesday)</b>	Veg.Vermicelli + Ketchup	<b>28th January (Wednesday)</b>	Sarson ka saag+ Chapati
<b>21st January (Wednesday)</b>	Moong Dal+ Chapati	<b>29th January (Thursday)</b>	Mushroom Matar + Chapati
<b>22nd January (Thursday)</b>	Methi prantha+Curd	<b>30th January (Friday)</b>	Rajma+Rice+Salad

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

**Ms.Garima**

**HOD**

**Ms.Saloni Wahi**

**Academic Representative**

**Ms.Deepika Sharma**

**Principal**

**VSPK International School, Sonipat**

**Meal Planner : January**

**Classes: I-III (Session 2025-26)**

<b>16th January (Friday)</b>	Palak Paneer + Chapati	<b>23rd January (Friday)</b>	Gajar Aloo Matar + Chapati+ Salad
<b>17th January (Saturday)</b>	Choley + Rice+ Salad	<b>27th January (Tuesday)</b>	Dal makhani + Chapati
<b>19th January (Monday)</b>	Mix veg.+Chapati	<b>28th January (Wednesday)</b>	Sarson ka saag+ Chapati
<b>20th January (Tuesday)</b>	Veg.Vermicelli + Ketchup	<b>29th January (Thursday)</b>	Mushroom Matar + Chapati
<b>21st January (Wednesday)</b>	Moong Dal+ Chapati	<b>30th January (Friday)</b>	Rajma+Rice+Salad
<b>22nd January (Thursday)</b>	Methi prantha+Curd	<b>31st January (Saturday)</b>	Favourite Food

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

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