

VSPK International School, Sonipat			
Meal Planner : January			
Classes: Tulips-Carnations (Session 2025-26)			
16th January (Friday)	Palak Paneer + Chapati	23rd January (Friday)	Gajar Aloo Matar + Chapati+ Salad
19th January (Monday)	Mix veg.+Chapati	27th January (Tuesday)	Dal makhani + Chapati
20th January (Tuesday)	Veg.Vermicelli + Ketchup	28th January (Wednesday)	Sarson ka saag+ Chapati
21st January (Wednesday)	Moong Dal+ Chapati	29th January (Thursday)	Mushroom Matar + Chapati
22nd January (Thursday)	Methi prantha+Curd	30th January (Friday)	Rajma+Rice+Salad
Note-*Kindly send apron, table mat ,spoon and seasonal fruits regularly.			
Ms.Garima	Ms.Saloni Wahi	Ms.Deepika Sharma	
HOD	Academic Representative	Principal	
VSPK International School, Sonipat			
Meal Planner : January			
Classes: I-III (Session 2025-26)			
16th January (Friday)	Palak Paneer + Chapati	23rd January (Friday)	Gajar Aloo Matar + Chapati+ Salad
17th January (Saturday)	Choley + Rice+ Salad	27th January (Tuesday)	Dal makhani + Chapati
19th January (Monday)	Mix veg.+Chapati	28th January (Wednesday)	Sarson ka saag+ Chapati
20th January (Tuesday)	Veg.Vermicelli + Ketchup	29th January (Thursday)	Mushroom Matar + Chapati
21st January (Wednesday)	Moong Dal+ Chapati	30th January (Friday)	Rajma+Rice+Salad
22nd January (Thursday)	Methi prantha+Curd	31st January (Saturday)	Favourite Food
Note-*Kindly send apron, table mat ,spoon and seasonal fruits regularly.			
Ms.Garima	Ms.Saloni Wahi	Ms.Deepika Sharma	
HOD	Academic Representative	Principal	