

## RAFFLES INTERNATIONALSCHOOL MENU LIST FOR THE MONTH OF FEBRUARY 2012

<i>WEEK 1</i>	<i>SOUP</i>	<i>MAIN COURSE I</i>	<i>MAIN COURSE II</i>	<i>PASTA / NOODLES</i>	<i>VEEGETABLES</i>	<i>POTATO</i>	<i>RICE</i>
<i>SUNDAY</i> 05/02/2012	Roasted Pumpkin Soup	Grilled Fish Fillet With Dill & Saffron Sauce	Vegetables Dansak	Beef Lasagna	Assorted Steam Vegetables	Potato wedges	White Rice
<i>MONDAY</i> 06/02/2012	Three Beans soup	Grilled Chicken With Tarragon Sauce	Albondigas (Meat ball Stew )	Penne pasta with Arabiatta Sauce	Assorted Steam Vegetables	Parmesan Potato	White Rice
<i>TUESDAY</i> 07/02/2012	Clear Vegetables Soup	Reshami Kebab ( Lamb & Chicken)	Stir Fried Fish with Chili Garlic Sauce	Spaghetti pasta w/ Olives & Caper In Tomato Sauce	Assorted Steamed Vegetables	Baked Potato w/ Onions & Dill	White Rice
<i>WEDNESDAY</i> 08/02/2012	Sweet Potato Carrot & Apple Soup	Roast Beef With Light Brown Sauce	Shangai Chicken	Stir Fried Vegetables Noodles	Mediterranean Vegetables Casserole	Mashed Potato	White Rice
<i>THURSDAY</i> 09/02/2012	Minestrone Soup	Grilled Fish In Chives Sauce	Chicken Stroganoff	Fettuccini Pasta with Carbonara Sauce	Assorted Steamed Vegetables	Harra Potato	White Rice

**RAFFLES INTERNATIONALSCHOOL  
MENU LIST FOR THE MONTH OF FEBRUARY 2012**

<i>WEEK 2</i>	<i>SOUP</i>	<i>MAIN COURSE I</i>	<i>MAIN COURSE II</i>	<i>PASTA / NOODLES</i>	<i>VEEGETABLES</i>	<i>POTATO</i>	<i>RICE</i>
<i>SUNDAY 12/02/2012</i>	Hot & Sour Soup	Iranian Grilled Fish with Dill Sauce	Chicken & Potato Stew	Beef Lasagna	Assorted Steam Vegetables	Pomme Vapeur	White Rice
<i>MONDAY 13/02/2012</i>	Tomato & pudina Soup	Grilled Chicken with Cheese & Basil sauce	Sweet & Sour Fish	Pasta ala Napolitano Sauce	Black Beans in Tomato Sauce	Cumin Roast Potato	White Rice
<i>TUESDAY 14/02/2012</i>	Consommé ala Julienne	Grilled Fish Kebab	Chicken Makhanwala	Farfalle Pasta with Al forno Sauce	Assorted Steam Vegetables	Twice Baked Potato	Saffron Rice
<i>WEDNESDAY 15/02/2012</i>	Curried Carrot & Coconut Soup	Grilled Beef Steak with Mushrooms Sauce	Brazilian Fish Stew	Penne Pomodoro	Baked Vegetables Au gratin	Garlic Roast Potato	White Rice
<i>THURSDAY 16/02/2012</i>	Arabic Lentil Soup	Grilled Fish Fillet with Coriander Sauce	Beef Casserole	Gnocchi ala Primavera	Assorted Steam Vegetables	Wedges Potato	White Rice

**RAFFLES INTERNATIONALSCHOOL  
MENU LIST FOR THE MONTH OF FEBRUARY 2012**

<i>WEEK 3</i>	<i>SOUP</i>	<i>MAIN COURSE I</i>	<i>MAIN COURSE II</i>	<i>PASTA / NOODLES</i>	<i>VEEGETABLES</i>	<i>POTATO</i>	<i>RICE</i>
<i>SUNDAY 19/02/2012</i>	Vegetables Noodles Soup	Grilled Fish Fillet in Mustard Sauce	Chicken Ala René	Fussili Pasta ala Ratatouille	Assorted Steam Vegetables	Rosemary Roast Potato	Cilantro Rice
<i>MONDAY 20/02/2012</i>	Green peas & Mint Soup	Salisbury Steak with Onions Gravy	Chicken Biryani	Penne Pasta with Arabiatta Sauce	Vegetables Ratatouille	Mashed Potato	White Rice
<i>TUESDAY 21/02/2012</i>	Bay Leaf Beet Soup	Grilled Chicken With Mushrooms Sauce	Mexican Meat Ball Stew	Farfalle Pasta ala Caruso	Assorted Steam Vegetables	Potato Au Gratin	White Rice
<i>WEDNESDAY 22/02/2012</i>	Curried Cauliflower Soup w/ Parsley	Baked Fish with Zatter Crust	Chicken & Vegetables Stew	Three Color Pasta with Makhani Sauce	Italian Stuffed Eggplant	Dhaniya wale Roast potato	White Rice
<i>THURSDAY 23/02/2012</i>	Chickpeas & Arugula Soup	Grilled Chicken with Tomato Basil Sauce	Stir fried Fish With Ginger & Soya	Fettuccini Carbonara	Assorted Steam Vegetables	Potato Boulangerie	White Rice

**RAFFLES INTERNATIONALSCHOOL  
MENU LIST FOR THE MONTH OF FEBRUARY 2012**

<i>WEEK 4</i>	<i>SOUP</i>	<i>MAIN COURSE I</i>	<i>MAIN COURSE II</i>	<i>PASTA / NOODLES</i>	<i>VEEGETABLES</i>	<i>POTATO</i>	<i>RICE</i>
<i>SUNDAY 26/02/2012</i>	Herbed Carrot & Coriander Soup	Grilled Fish Fillet with Cilantro Sauce	Aloo Gobi	Lasagna Ala Bolognaise	Assorted Steam Vegetables	Roast Paprika Potato wedges	White Rice
<i>MONDAY 27/02/2012</i>	Green Lentil Soup with Spinach	Grilled Honey Mustard Chicken with Dill Sauce	Beef Ragout	Fushilli Pasta with Arabiatta Sauce	White Beans Stew	Cumin Roast Potato	White Rice
<i>TUESDAY 28/02/2012</i>	Cream of Courgette With dash Of Curry Soup	Mini Beef Steak With Rosemary Demiglace	Stir fried Chicken with Vegetables	Baked Farfalle pasta with Fennel	Assorted Steam Vegetables	Mashed potato	White Rice
<i>WEDNESDAY 29/02/2012</i>	Roasted Pumpkin Soup	Duo of Kofta ( Lamb & Chicken )	Beef Stroganoff	Chinese Hakka Noodles	Bamieh Bil Ziet	Lime & Cilantro potato	White Rice
<i>THURSDAY 01/03/2012</i>	Soup Paysanne	Stuffed Chicken Breast with Spinach & Mushrooms in Basil Sauce	Crockpot Meatball stew	Baked Macaroni with Roasted Vegetables	Assorted Steam Vegetables	Mexican Roast Potato	White Rice