

**RAFFLES INTERNATIONAL SCHOOL MENU LIST FOR
NURSERY LUNCH BOX MONTH OF FEBRUARY 2012**

<i>WEEK 1</i>	<i>MAIN COURSE</i>	<i>VEGETABLES</i>	<i>POTATO / RICE</i>	<i>DESSERT</i>
<i>SUNDAY</i> <i>05/02/2012</i>	Chicken Au Gratin		Saffron Rice	Fruit yoghurt
<i>MONDAY</i> <i>06/02/2012</i>	Baked Macaroni with Minced Meat with Tomato Sauce (Beef)	Assorted Diced Cut Steam Vegetables		Watermelon
<i>TUESDAY</i> <i>07/02/2012</i>	Grilled Fish Fillet in Dill Sauce	Diced Cut Carrot & Green Peas	Boiled Potato	Carrot Cake (Without Cream)
<i>WEDNESDAY</i> <i>08/02/2012</i>	Red kidney Beans & Potato Stew		Vermicelli Rice	Fruit salad
<i>THURSDAY</i> <i>09/02/2012</i>	Three colour pasta with Spring Asparagus & Diced Turkey	Buttered Sweet Corn		Fruit yoghurt

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<i>WEEK 2</i>	<i>MAIN COURSE</i>	<i>VEGETABLES</i>	<i>RICE / POTATO</i>	<i>DESSERT</i>
<i>SUNDAY 12/02/2012</i>	Diced Grilled Chicken in Mushrooms Sauce		Vegetables Rice	Fruit yoghurt
<i>MONDAY 13/02/2012</i>	Spaghetti Pasta With Mince Meat In Tomato Sauce (Beef)	Assorted Diced Cut Steam Vegetables		Sweet Melon
<i>TUESDAY 14/02/2012</i>	Braised Lamb Stew with pearl Barley & Baby Vegetables		Minted Rice	Rice pudding
<i>WEDNESDAY 15/02/2012</i>	Mediterranean Baked Fish Fillet In Lime & Tomato Sauce	Diced Cut Steam Broccoli & Carrot	Parsley Potato	Fruit salad
<i>THURSDAY 16/02/2012</i>	Shell Pasta With Diced Chicken In Alfredo Sauce	Assorted Diced Cut Steam Vegetables		Fruit yoghurt

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<i>WEEK 3</i>	<i>MAIN COURSE</i>	<i>VEGETABLES</i>	<i>RICE / POTATO</i>	<i>DESSERT</i>
<i>SUNDAY 19/02/2012</i>	Chicken Ala King		Fiesta Rice <i>(Basmati Rice Cooked with Red Kidney Beans, Sweet Corn, Mix Capsicum & Fresh Cilantro)</i>	Fruit yoghurt
<i>MONDAY 20/02/2012</i>	Penne pasta with Minced Meat in Tomato sauce (Beef)	Assorted Diced Cut Steam Vegetables		Rock Melon
<i>TUESDAY 21/02/2012</i>	French Vegetables Ragout		Capsicum Rice	Assorted Madeline
<i>WEDNESDAY 22/02/2012</i>	Farfalle Pasta with Diced Turkey In Alfredo Sauce	Assorted Diced Cut Steam Vegetables		Fruit yoghurt
<i>THURSDAY 23/02/2012</i>	Mediterranean Baked Fish Fillet in Tomato Sauce		Peas Pilaf Rice	Fruit salad

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<i>WEEK 4</i>	<i>MAIN COURSE</i>	<i>VEGETABLES</i>	<i>RICE / POTATO</i>	<i>DESSERT</i>
<i>SUNDAY 26/02/2012</i>	(Irish stew with Lamb) <i>(Diced Cut Lamb with Potato, carrot Turnip & green peas Vegetables in Light Sauce)</i>		Vegetarian Jambalaya Rice <i>(Basmati Rice Cooked with Diced Zucchini, Mix Capsicum, Celery, Onions & Diced Tomato)</i>	Fruit yoghurt
<i>MONDAY 27/02/2012</i>	Baked Macaroni With Bolognese Sauce (Beef)	Assorted Diced Carrot & Green Peas		Watermelon
<i>TUESDAY 28/02/2012</i>	Chicken Cacciatore <i>(Diced Chicken Cooked with Fresh Basil, olives & Capsicum in Tomato Sauce)</i>		Mushrooms Rice	Jelly (Without Fruit)
<i>WEDNESDAY 29/02/2012</i>	Baked Fish Fillet in Lemon Sauce	Assorted Diced Carrot & Green Peas	Boiled Parsley Potato	Fruit Salad
<i>THURSDAY 01/03/2012</i>	Gnocchi Pasta with Diced Turkey In Tomato Cream Sauce	Assorted Diced Cut Steam Vegetables		Fruit yoghurt