

**RAFFLES INTERNATIONAL SCHOOL– FS 2 & YEAR 1, YEAR 2 & 3
LUNCH BOX MENU FOR THE MONTH OF APRIL 2017**

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 02/04/2017	Spring Break				
MONDAY 03/04/2017	Spring Break				
TUESDAY 04/04/2017	Spring Break				
WEDNESDAY 05/04/2017	Spring Break				
THURSDAY 06/04/2017	Spring Break				

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WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 09/04/2017	Chicken Steak with Mushroom & Onion Cream Sauce Assorted Grilled Vegetable Cumin Roast Potato	Vegetable Steak with Mushroom & Onion Cream Sauce Assorted Grilled Vegetable Cumin Roast Potato	Turkey and Cranberry in Ciabatta Bread	Grilled Vegetable Sandwich in Ciabatta Bread	Fruit Yoghurt
MONDAY 10/04/2017	Beef Hungarian Goulash Steamed Zucchini and Squash Lemon Rice	Vegetable Kofta with Light Korma Sauce Steamed Zucchini & Squash Lemon Rice	Tuna Salad Sandwich in Multi-Cereal Bread	Roasted Pumpkin with Dates and fresh Zaatar Salad	Sticky Toffee Pudding
TUESDAY 11/04/2017	Tuna and Potato Patties with Cream Dill Sauce Vegetable Chopsuey	Lentil and Quinoa Balls with Cream Dill Sauce Vegetable Chopsuey	Thai Noodles with Grilled Chicken Salad	Vegetable Fajita in Tortilla Bread	Honeydew Melon Wedges
WEDNESDAY 12/04/2017	Shell Pasta with Diced Turkey in Napolitano Sauce Buttered Sweet Corn and Sweet Peas	Shell Pasta with Spinach & Mushroom in Napolitano Sauce Buttered Sweet Corn and Sweet Peas	BBQ Chicken and Grilled Pineapple in Brown Bread	Warm Beetroot and Chickpea Salad	Mouhalabieh
THURSDAY 13/04/2017	Chicken Caldereta Saute Green Beans and Carrots Jasmine Rice	Three Beans Casserole Saute Green Beans and Carrots Jasmine Rice	Crispy Vegetables and Grilled Beef Salad	Grilled Pumpkin Cheese and Lettuce Sandwich	Orange Smiley

WEEK3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 16/04/2017	Beef Forester with Homemade Gravy Steamed Broccoli and Cauliflower Mashed Potato	Mushroom Stroganoff Steamed Broccoli and Cauliflower Mashed Potato	Cajun Chicken with Mango Confit Sandwich	Sweet Potato Salad with Raisins and Orange	Fruit Yoghurt
MONDAY 17/04/2017	Breaded Grilled Chicken with sweet sauce Vegetable Hotpot White Rice	Baked Vegetable Burger with sweet sauce Vegetable Hotpot White Rice	Tandoori Chicken Salad	Vegetarian Chimichanga in Tortilla Bread	Rice Pudding with Fruit Puree
TUESDAY 18/04/2017	Grilled Salmon with Roasted Tomato & Pepper Salsa Herb Roasted Carrot & Beetroot Farmhouse Finger Potato	Vegetable Balls with Roasted Tomato & Pepper Salsa Herb Roasted Carrot & Beetroot Farmhouse Finger Potato	Philadelphia Steak Sandwich	Mexican Beans and Pepper Salad	Apple crumble with custard
WEDNESDAY 19/04/2017	Penne Pasta with Artichoke, Asparagus, Turkey in Pink Sauce Saute Sweet Corn and Green Beans	Penne Pasta with Artichoke, Asparagus in Pink Sauce Saute Sweet Corn and Green Beans	Tuna Twist Pasta Salad	Egg and Tomato Sandwich	Mixed Melon Cubes
THURSDAY 20/04/2017	Butter Chicken in Light Tomato Gravy Vegetable Pilaf Rice Honey Glazed Carrot Sticks	Paneer Mushroom Butter Masala Vegetable Pilaf Rice Honey Glazed Carrot Sticks	Chicken Avocado in Multi Grain Bread	Freekeh Sundried Tomato and Arugula Salad	Profiterole (Custard)

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WEEK4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 23/04/2017	Chinese Chicken Steak with Snow Peas and Pepper Stir Fried Vegetable Lo Mein	Chinese Tofu with Snow Peas and Pepper Stir Fried Vegetable Lo Mein	Mexican Beef and Corn Roll	Pasta Fruity Salad Cocktail Sauce	Fruit Yoghurt
MONDAY 24/04/2017	Roast Turkey Breast with Bread Sauce Saute Summer Vegetable Rosemary Baby Potato	Butter Beans Stew Steamed Summer Vegetable Rosemary Baby Potato	Grilled Chicken and Cheese Sandwich	Roast Cauliflower and Marrow Salad in Tahini Sauce	Sticky Dates Pumpkin Pudding
TUESDAY 25/04/2017	Fish Balls with Manchurian Sauce Steamed Broccoli & Cauliflower Rice pilaf	Vegetable Balls with Manchurian Sauce Steamed Broccoli & Cauliflower Rice pilaf	Warm Chicken Salad with Mango and Avocado	Grilled Halloumi Cheese and Cucumber in Brown Bread	Rock Melon Sticks
WEDNESDAY 26/04/2017	Mini Pasta Arabiatta with Chicken and Cheese Assorted Roasted Root Vegetable	Mini Pasta Arabiatta with Sweet Potato and Cheese Assorted Roasted Root Vegetable	Grilled Beef Caesar Salad	Paneer Tikka Sandwich in Ciabatta Bread	Fruit Salad with Plain Yoghurt (Low Fat)
THURSDAY 27/04/2017	Beef with Baby Onion and Mushroom Medallion of Zucchini and Carrot white Rice	Vegetable Swedish Balls with Brown Gravy Medallion of Zucchini and Carrot white Rice	Tuna with Light Mayo in Brown Baguette	Tabbouleh in Tomato Cup Salad	Banana Oats Cake

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WEEK 5	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 30/04/2017	Chicken Paprika with Roast Pepper Saute Green Beans and Cauliflower BBQ Roast Potato Cube	Vegetable Patties with Sweet Chili Sauce Saute Green Beans and Cauliflower BBQ Roast Potato Cube	Smoked Chicken with Mango Salsa in White Baguette	Vegetable Crudités with Guacamole Dip	Fruit Yoghurt
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					

LUNCH MENU FOR THE MONTH OF APRIL 2017

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 09.04.17	Chicken Man Chow Soup		Grilled Vegetables	Beef Lasagne		Crockpot Chicken a La Antoinette	Baked Fish w/ Dill Sauce	BBQ Potato	White Rice
			Moghul Style Mixed Vegetables						
Mon 10.04.17	Lemony Lentil Soup		Cajun Roasted Vegetables	Stir Fry Oriental Noodles w/ Vegetables	Chinese Seasoning Beef w/ Assorted pepper	Stuffed chicken w/ turnip sauce	Grilled Fish with Chili Lime Butter	Sauté Slice Potato	White Rice
			Aloo Karela						Chapatti
Tue 11.04.17	Caribbean Sweet Potato Soup	Grilled Garlic & Oregano Chicken w/ Mushroom Sauce	Sautéed Vegetables	Baked Macaroni w/ Vegetables	Laban Ummo w/ Lamb	<u>Tuesday's Wrap Up</u> Chicken Shawarma Wrap	Chimichurri Grilled Fish	Garlic Roast Potato	White Rice
			Aloo Methi Mutter						
Wed 12.04.17 South American Theme Day	Thai Pumpkin Soup		Baked Vegetables	Pasta w/ Pink Sauce, Pisco & Aji Panca	Roast Beef w/ Chimichurri Sauce	South American Chicken & Quinoa	South American Salt White Fish Stew	Chimichurri Roast Potato	White Rice
			Chandi Vegetable Korma						Pulao Rice
Thu 13.04.17	Tortilla Crust Baked Fish	Grilled Fish Tagine	Roasted Vegetables	Spaghetti Carbonara	Beef w/ Baby Onion & Mushroom	Chicken Biryani		Anna Potato	White Rice
			Hara Channa Masala						

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Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 16.04.17	Chickpea & Spinach Soup	Cajun Grilled Chicken w/ Mango Salsa	Grilled Vegetables	Beef Lasagne		Chicken Chettinadu	Fish Manchurian	Roasted Potato	White Rice
			Aloo Beans Bhaji						
Mon (MEATLESS) 17.04.17	Roasted Vegetable Soup		Roasted Vegetables	Pasta ala Salsa Rosa	Chili con carne	Mediterranean roast chicken w/ tomato sauce	Steamed fish w/ ginger & spring onion	Cowboy Potato	White Rice
			Vegetable Kolhapuri						Chapatti
Tue 18.04.17	Carrot & Coriander Soup	Asian BBQ Chicken	Sautéed Vegetables	Penne Putanesca	Hungarian Beef Goulash	<u>Tuesday's Wrap Up</u> Chicken Tikka Wrap	Pan Fry Fish w/ Leek Veloute	Minted Roast Potato	White Rice
			Avial						
Wed 19.04.17 Zimbabwe Theme Day	Provençal Soup	Grilled Fish w/ Lime Coconut & Avocado Relish	Steamed Vegetables	Fusilli Pasta Boscailla	Zimbabwean Meatballs served w/ Pepper & Onion	traditional Zimbabwean chicken stew		Harra Potato	White Rice
			Kurmuri Bhindi						Garlic & Ginger Rice
Thu 20.04.17	Mexican Beans Soup	Lemon Pepper Grilled Fish w/ Mustard Cream Sauce	Steamed Vegetables	Shell Pasta Primavera	Italian Meatball w/ Tomato Sauce	Chicken Tikka Biryani		Savory Roast Potato	White Rice
			Beans Thoran						

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Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 23.04.17	Chicken Freekeh Soup	Grilled American Captains Chicken	Grilled Vegetables	Beef Lasagne	Daoud Basha		Grilled Fish w/ Asparagus Basil Sauce	Mashed Potato	White Rice
			Subze Lajawab						
Mon 24.04.17	Scotch Broth Soup		Roasted Vegetable	Vegetable Lo Mein	Braised beef w/pearl onion & mushroom	Grilled chicken w/ saffron dill sauce	fish in soya honey ginger sauce	Lyonnais Potato	White Rice
			Beans Thoran						Chapatti
Tue 25.04.17	Lemony Lentil Soup	Tex Mex Grilled Chicken w/ Tangy Tomato Chutney	Sautéed Vegetables	Baked Macaroni w/ Vegetables & Cheese	Chinese Beef Rainbow		<u>Tuesday's Wrap Up</u> Chicken Shawarma Wrap	Normandy Potato	White Rice
			Aloo Palak						
Wed 26.04.17 South African Theme Day	Broccoli Cheese Soup		Baked Vegetables	Macaroni & Cheese w/ Grated Biltong	Tomato Bredie w/ Beef	Paprika Chicken & Spinach w/ Butter Thyme Sauce	Fish Tikka Masala	Cajun Potato Wedges	White Rice
			Paneer Mushroom Masala						
Thu 27.04.17	Creamy Watercress Soup		Steamed Vegetables	Pasta Rapido w/ Parsley Nut-free Pesto	Beef Paupiette w/ Pan Jus	Chicken Biryani	Fish Fingerling w/ Light Tartar Sauce	Greek Style Roast Potato	White Rice
			Chettinadu Vegetable Curry						

