

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

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY					
MONDAY 01/05/2017	Stir Fried Chicken with Mushroom Snow Peas Vegetable Lo Mein	Stir Fried Tofu with Mushroom Snow Peas Vegetable Lo Mein	Vegan Buffalo Chicken Wraps	Rainbow Salad	Banana Oats Cake
TUESDAY 02/05/2017	Breaded Grilled Fish Fingers with Lemon Pepper Sauce Vegetable Ala King BBQ Roast Potato	Breaded Grilled Vegetable Fingers with Lemon Pepper Sauce Vegetable Ala king BBQ Roast Potato	Tuna Nicoise Salad	Grilled Cheese Sandwich	Mixed Melon Cubes
WEDNESDAY 03/05/2017	Baked Penne Ala Bolognese (Beef) Sauté Green Peas and Sweet Corn	Baked Penne Ala Oats Bolognese Sauté Green Peas and Sweet Corn	Roast Beef Sandwich	Vegetable Crudites with Guacamole Dip	Profiterole (Custard)
THURSDAY 04/05/2017	Tarragon Chicken with Mushroom Cream Sauce Steamed Broccoli and Cauliflower Saffron Dill Rice	Vegetable Makhani Steamed Broccoli and Cauliflower Saffron Dill Rice	Tandoori Chicken Salad	Vegetable Fajita Wrap	Mango Pudding

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

WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 07/05/2017	Swedish Meatballs with Brown Gravy Medallion Carrots and Zucchini Mashed Potato	Swedish Vegetable Balls with Brown Gravy Medallion Carrots and Zucchini Mashed Potato	Turkey and Cheese Baguette	Arabic Fattoush Salad	Fruit Yoghurt
MONDAY 08/05/2017	Chicken Pojarski with Roasted Pepper Sauce Sauté Beetroot and Turnip and Carrots Peas Rice	Lentil Burger with Roasted Pepper Sauce Sauté Beetroot and Turnip and Carrots Peas Rice	Tuna Pasta Salad	Roasted Broccoli and Grilled Cheese Sandwich	Sticky Toffee Pudding
TUESDAY 09/05/2017	Mediterranean Baked Fish Fillet in Tomato Sauce Vice Carrot Slice Roast Cube Potato	Mexican Stuffed Pancake with Tomato Sauce Vice Carrot Slice Roast Cube Potato	Chicken Shawarma Sandwich	Freekeh Sundried Tomato and Arugula Salad	Fruit Salad
WEDNESDAY 10/05/2017	Mini Shell Pasta Turkey Sundried Tomato and Asparagus Cream Sauce Steamed Corn, Carrots and Marrow	Mini Shell Pasta Sundried Tomato and Asparagus Cream Sauce Steamed Corn, Carrots and Marrow	Beef Fajita in Tortilla Bread	Beetroot and Apple Salad	Rice Pudding
THURSDAY 11/05/2017	Chicken Steak Teriyaki Vegetable Manchurian White Rice	Baked Vegetable Fingers with Sweet Sauce Vegetable Manchurian White Rice	Curried Chicken Pasta Salad	Halloumi Cheese and Cucumber in Panini	Pineapple Cubes

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

WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 14/05/2017	Salisbury Steak with Onion Gravy Baked Italian Vegetable Parsley Potato Cubes	Vegetable Salisbury Steak with Onion Gravy Baked Italian Vegetable Parsley Potato Cubes	Chicken Fajita in Tortilla Bread	Quinoa Fruit Salad	Fruit Salad
MONDAY 15/05/2017	Chicken Korma Light Gravy Saffron Pilaf Rice Steamed Peas and Corn	Vegetable Korma Light Gravy Saffron Pilaf Rice Steamed Peas and Corn	Tuna and Baguette	Cheese and Egg Sandwich	Vermicelli Pudding
TUESDAY 16/05/2017	Poached Salmon Balls in Sweet and Sour Sauce Sauté Green Beans and Carrots Brown Rice	Vegetable Parcels with Tomato Sauce Sauté Green Beans and Carrots Brown Rice	Roast Beef in Wholemeal Bread	Cold Thai Noodles Salad	Rock Melon Sticks
WEDNESDAY 17/05/2017	Penne Arrabiata with Turkey and Mushroom Honey-glazed Beetroot and Carrot sticks	Penne Arrabiata with Artichoke and Mushroom Honey-glazed Beetroot and Carrot sticks	Turkey Salad with Grilled Pepper and Mushroom	Grilled Vegetable Sandwich	Banana Oats Cake
THURSDAY 18/05/2017	Chicken Ala King Sauté Broccoli and Sweet Corn Hungarian Paprika Potato	Vegetable Ala King Sauté Broccoli and Sweet Corn Hungarian Paprika Potato	Warm Chicken Salad with Mango and Avocado	Iceberg Sweet Corn and Orange Salad	Oats Mango Pudding

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

WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 21/05/2017	Chicken Marengo Sauté Mixed Pumpkin and Snow Peas Mushroom Dill Rice	Three Beans Casserole Sauté Mixed Pumpkin and Snow Peas Mushroom Dill Rice	BBQ Chicken and Grilled Pineapple in Brown Baguette	Mexican Four Beans Salad	Fruit Yoghurt
MONDAY 22/05/2017	Beef Steak Pizzaiola Sauce Steamed Sweet Corn and Peas Mashed Potato	Chickpea and Leek Balls with Pizzaiola Sauce Steamed Sweet Corn and Peas Mashed Potato	Beef Salad with Grilled Pepper and Mushrooms	Tex-Mex Vegetable in Tortilla Wrap	Fruit Custard
TUESDAY 23/05/2017	Grilled Fish with Curried Lemon Butter Sauce Vegetable Ratatouille White Rice	Mushroom Stroganoff Antipasti Vegetable Ragout White Rice	Cajun Grilled Chicken with Guacamole in Baguette	Water Melon Feta Crumbled Salad	Cubed Mixed Melons
WEDNESDAY 24/05/2017	Shell Pasta with Diced Turkey in Alfredo Sauce Sliced Carrots Ala Caramelized	Shell Pasta with Diced Roast Vegetable in Alfredo Sauce Sliced Carrots Ala Caramelized	Beef Burger in Bun	Cheese and Vegetable Sandwich	Mouhalabieh
THURSDAY 25/05/2017	Hawaiian BBQ Chicken Balls Steamed Broccoli and Carrots Baked Smiley Potato	Stir Fried Vegetable with Tofu Steamed Broccoli and Carrots Baked Smiley Potato	Tuna Antipasti in Baguette	Beetroot Apple and Sweet Corn Salad	Fruit Salad

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

WEEK 5	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 28/05/2017	Smothered Steak Strips with Cream Mushroom Steamed Coin Carrots and Marrow White Rice	Vegetable Cottage Pie Steamed Coin Carrots and Marrow White Rice	Chicken Fajitas in Tortilla Bread	Roasted Pumpkin with Dates and Rocca Salad	Fruit Yoghurt
MONDAY 29/05/2017	Chicken Paprika with Roasted Pepper Garlic Rosemary Baby Potato Roasted Vegetables	Vegetable Manchurian Balls Garlic Rosemary Baby Potato Roasted Vegetables	Tuna in Wholemeal Baguette	Egg and Cheese Sandwich	Watermelon Cubes
TUESDAY 30/05/2017	Grilled Fish with Asparagus Basil Sauce Pilaf Rice Sauté Corn and Carrots	Vegetable Casserole with Beans Pilaf Rice Sauté Corn and Carrots	Chicken Burger in Bun	Coloured Pepper Coleslaw	Apple Crumble with Custard
WEDNESDAY 31/05/2017	Greek Style Mini Pasta with Vegetable and Turkey Sauté Green Beans and Cauliflower	Greek Style Mini Pasta with Roasted Vegetables Sauté Green Beans and Cauliflower	Grilled Beef and Vegetable Salad	Quinoa Roasted Pumpkin and Beetroot Salad	Orange Smiley
THURSDAY					

## LUNCH MENU FOR THE MONTH OF MAY 2017

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun									
Mon 01.05.2017	Caribbean sweet potato soup	Grilled Garlic & Oregano Chicken w/ Mushroom Sauce	Steamed Vegetable	Baked Penne Pasta w/ Greek Vegetable	Beef Steak w/ Dijon Cream Sauce		Chimichurri Grilled Fish	Roast Potato	White Rice
			Cabbage Mutter Masala						Chapatti
Tue 02.05.2017	Thai Pumpkin Soup	<u>Tuesday's Wrap Up</u> Grilled Chicken Wrap	Grilled Vegetable	Pasta Formaggio	Pot Roast Beef w/ Gravy	Chicken Tarragon w/ Mushroom	Grilled Fish Meuniere	Oven Baked Potato Wedges	White Rice
			Chandni Vegetable Korma						
Wed 03.05.2017 Polish Theme Day	Minestrone Soup	Grilled Chicken Reuben	Steamed Vegetable	Polish Pasta and Cabbage	Polish Beef Roulade (zrazy)		Healthy Baked Fish Pierogi	Mashed Potato w/ Sauté Beetroot	White Rice
		Vegetable Makhani							
Thu 04.05.2017	Cream of Spinach Soup		Roast Vegetable	Pasta Puttanesca w/ Feta Cheese Crumble	Stir Fry Lamb w/ Onion & Pepper	Chicken Biryani	Fish Blanquette	Cajun roast Potato	White Rice
			Aloo Gobi Masala						

## LUNCH MENU FOR THE MONTH OF MAY 2017

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 07.05.2017	Summer Vegetable Soup		Steamed Vegetables	Beef Lasagne	Koussa Bil Ablama w/ Tomato Sauce	Chicken Yakitori	Grilled Fish w/ Lemon Cilantro & Cumin	Mashed Potato	White Rice
			Mushroom Methi Mutter						
Mon (MEATLESS) 08.05.2017	Potato & Leek Soup		Roast Vegetables	Pasta Alfredo w/ Sundried Tomato & Veggies	Beef Stroganoff	Chicken Cacciatore	Fish Goujons w/ Light Tartar Sauce	B.B.Q Potato	White Rice
			Aloo Baingan Salon						Chapatti
Tue 09.05.2017	Roasted Tomato & Mint Soup	<u>Tuesday's Wrap Up</u> Grilled Chicken Wrap	Grilled Vegetables	Stir-fry Garlic Noodles	Chinese Braised Beef w/ Bok Choy	Creamy Italian Chicken	Lemon & Orange Zest Grilled Fish in Chive Sauce	Sauté Slice Potato	White Rice
	Bhindi Kurmuri								
Wed 10.05.2017 Paraguay Theme Day	Chicken & Garlic mint Soup		Steamed Vegetables	Paraguayan Pasta w/ Mushroom	Awesome Pan de Carne (meat loaf)		Guiso de Pescado (Fish Stew)	Parsley Potato	White Rice
			Aloo Karela						Pollo con arroz ( chicken with rice)
Thu 11.05.2017	Broccoli Florentine soup		Sautéed Vegetables	Pasta w/ Oats Bolognaise	Beef Bourguignon	Chicken Tikka Biryani	Mediterranean Baked fish	Garlic Rosemary Roast Potato	White Rice
			Vegetable Kootu Curry						

## LUNCH MENU FOR THE MONTH OF MAY 2017

Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 14.05.2017	French Onion Soup		Steamed Vegetable	Beef Lasagne	Kebbeh Bil Laban	Creamy Tuscan Grilled Chicken	Baked Fish Fennel Saffron Sauce	Roast Potato	White Rice
			Vegetable Kolapuri						
Mon (MEATLESS) 15.05.2017	Fall Vegetable Quinoa Soup		Grilled Vegetables	Penne w/ Roasted Asparagus & Tomato	Beef Steak Fajita w/Mango Salsa	Chicken Supreme w/ Baby Corn & Asparagus	Pan-fry Fish w/ Lemon Sauce	Tex-Mex Potato Wedges	White Rice
			Aloo Mutter Masala						Chapatti
Tue 16.05.2017	Butternut Squash Soup	Mozzarella Chicken w/ Tomato sauce	Sautéed Vegetables	Vegetable Chow Mein	Beef Paprika w/ Roasted Pepper	<u>Tuesday's Wrap Up</u> <b>Chicken Fajitas Wrap</b>	Pan-fry Fish w/ Leek Veloute	Brown Butter Mashed Potato	White Rice
			Harra Chana Masala						
Wed 17.05.2017 Norway Theme Day	Carrot & Coriander Soup		Roast Vegetables	Pasta with Mushroom and Fennel	Jottkaker-A rival (Swedish meatballs)	Chicken Braised w/ Dried Fruit	Crispy Baked Salmon Nuggets	Norwegian potato mushroom Baked	White Rice
			Aloo Beans Bhaji						
Thu 18.05.2017	Roasted Vegetable Soup		Steamed Vegetable	Fettuccini Pasta A la Ratatouille	Beef Emence w/ Mushroom Sauce	Chicken Biryani	Mexican baked Fish w/ Tomato Salsa	Cowboy Potato	White Rice
			Avial Curry						



## LUNCH MENU FOR THE MONTH OF MAY 2017

Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 21.05.2017	Chicken Chinese Ginger Soup		Steamed Vegetable	Beef Lasagne		Chicken Piccata w/ Lemon Sauce	Sweet and Sour Fish	Croquette Potato	White Rice
			Aloo Bhaigan						
Mon (MEATLESS) 22.05.2017	New England Chowder Soup		Roasted Vegetable	Shell Pasta Primavera	Braised Beef w/ Pearl Onion & Mushroom	Avocado Caprese Skillet Chicken	Baked Fish in Herb Crust w/ Tomato Sauce	Lyonnaisse potato	White Rice
			Padi Chana Masala						Chapatti
Tue 23.05.2017	Provençal Soup	<u>Tuesday's Wrap Up</u> Grilled Chicken Wrap	Grilled Vegetable	Pasta w/ Roast Vegetable & Cream Sauce	Salisbury Steak w/ Onion Sauce	Baked parmesan chicken w/ Pizzaiola Sauce	Tex-Mex Grilled Fish w/ Tangy Tomato Chutney	Greek Style Roast Potato	White Rice
	Vegetable Jalfrezi								
Wed Bermuda Theme Day 24.05.2017	Green Lentil and Spinach Soup		Sauté Vegetable	Taccozzete Pasta w/ Mushroom, Parsley, Garlic & Thyme	Bermuda Stewed Beef with Butter Beans	Bermuda Jerk Chicken	Cod Fish Cakes	Mashed Potato	White Rice
			Paneer Mushroom Masala						Avocado Pilaf Rice
Thu 25.05.2017	Cream of Asparagus Soup		Steamed Vegetables	Penne w/ Beans and Pumpkin in Tomato Sauce	American Meatballs w/ Red sauce	Chicken Tikka Biryani	Grilled Fish Ala Plancha	Potato w/ Onion	White Rice
			Aloo Palak						

