

**RAFFLES INTERNATIONAL SCHOOL NURSERY  
LUNCH BOX MENU FOR THE MONTH OF JUNE 2017**

WEEK 1	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY 01/06/17	Butter Chicken (Light Tomato Sauce)	Steamed Peas and Sweet Corn	Pilaf Rice	Mouhalabieh

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<b>WEEK 2</b>	<b>MAIN COURSE</b>	<b>VEGETABLES</b>	<b>RICE/POTATO</b>	<b>DESSERT</b>
<b>SUNDAY 04/06/17</b>	Beef Pepper Con Carne	Seasoned Cut Beans and Cauliflower	Mashed Potato	Fruit Yoghurt
<b>MONDAY 05/06/17</b>	Chicken Supreme with Baby Corn and Mushroom	Steamed Broccoli and Capsicum	White Rice	Sticky Toffee Pudding
<b>TUESDAY 06/06/17</b>	Grilled Fillet Salmon with Lemon Dill Sauce	Honey-glazed Beetroot and Carrot	Roast Cube Potato with Fresh Herb	Mixed Melon
<b>WEDNESDAY 07/06/17</b>	Baked Macaroni and Cheese with Sundried Tomato and Turkey	Sauté Marrow and Sweet Corn		Mango Rice Pudding
<b>THURSDAY 08/06/17</b>	Baked Chicken Fingers with Honey Ginger Sauce	Vegetable Manchurian	Saffron Rice	Fruit Salad

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WEEK 3	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY 11/06/17	Beef Paprika with Roasted Pepper	Roasted Turnip and Carrot	Peas Pilaf Rice	Fruit Yoghurt
MONDAY 12/06/17	Creamy Tuscan Grilled Chicken	Steamed Zucchini and Squash	Baked Smiley Potato and Cubes	Carrot Pudding
TUESDAY 13/06/17	Tuna Leek and Potato Patties with Sweet Sauce	Vegetable Ragout		Pineapple Cubes
WEDNESDAY 14/06/17	Pasta Rapido with Parsley Turkey and Roasted Vegetables	Sauté Broccoli and Sweet Corn		Pumpkin Dates Pudding
THURSDAY 15/06/17	Chicken Fruity Curry	Steamed Carrot and Green Beans	Brown Rice	Fruit Custard

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<b>WEEK 4</b>	<b>MAIN COURSE</b>	<b>VEGETABLES</b>	<b>RICE/POTATO</b>	<b>DESSERT</b>
<b>SUNDAY 18/06/17</b>	Chicken Cube with Hoisin and Honey Sauce	Sauté Pumpkin and Peas	Vegetable Lo Mein	Fruit Yoghurt
<b>MONDAY 19/06/17</b>	Grilled Beef Steak Leek and Mushroom Ragout	Steamed Cauliflower and Broccoli	BBQ Roast Cube Potato	Watermelon Cubes
<b>TUESDAY 20/06/17</b>	Grilled Fish Fillet with Lemon Butter Sauce	Vegetable Hotpot	White Rice	Banana Oats Pudding
<b>WEDNESDAY 21/06/17</b>	Mini Pasta with Turkey and Broccoli Light Cream Sauce	Sauté Carrot and Green Zucchini Sticks		Rock Melon Sticks
<b>THURSDAY 22/06/17</b>	Chicken Korma in Light Gravy	Buttered Sweet Corn and Peas	Tomato Pilaf Rice	Mixed Fruit Cubes with Plain Yoghurt (Low Fat)

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<b>WEEK 5</b>	<b>MAIN COURSE</b>	<b>VEGETABLES</b>	<b>RICE/POTATO</b>	<b>DESSERT</b>
<b>SUNDAY</b>	<b>SCHOOL BREAK</b>			
<b>MONDAY</b>	<b>SCHOOL BREAK</b>			
<b>TUESDAY</b>	<b>SCHOOL BREAK</b>			
<b>WEDNESDAY</b>	<b>SCHOOL BREAK</b>			
<b>THURSDAY</b>	<b>SCHOOL BREAK</b>			

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

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY 01/06/17	Butter Chicken (Light Tomato Sauce) Steamed Peas and Sweet Corn Pilaf Rice	Vegetable Makhanwala Steamed Peas and Sweet Corn Pilaf Rice	Chicken Tikka in Tortilla Bread	California Green Salad	Mouhalabieh

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

WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 04/06/17	Beef Pepper Con Carne Seasoned Cut Beans and Cauliflower Mashed Potato	Vegetable Pepper Con Carne Seasoned Cut Beans and Cauliflower Mashed Potato	Chicken Tandoori and Mango Chutney in Chapatti Bread	Vegetable Crudités with Guacamole Dip	Fruit Yoghurt
MONDAY 05/06/17	Chicken Supreme with Baby Corn and Mushroom Steamed Broccoli and Capsicum White Rice	Vegetable Hotpot with Butter Beans Steamed Broccoli and Capsicum White Rice	Roasted Beef in Ciabatta Bread	Hummus and Roast Capsicum Antipasto Pinwheels	Sticky Toffee Pudding
TUESDAY 06/06/17	Grilled Fillet Salmon with Lemon Dill Sauce Honey-glazed Beetroot and Carrot Roast Cube Potato with Fresh Herb	Vegetable Parcel with Tomato Sauce Honey-glazed Beetroot and Carrot Roast Cube Potato with Fresh Herb	Tuna Twist Pasta Salad	Roasted Broccoli and Grilled Cheese Sandwich	Mixed Melon
WEDNESDAY 07/06/17	Baked Macaroni and Cheese with Sundried Tomato and Turkey Sauté Marrow and Sweet Corn	Greek-style mini Pasta with Sundried Tomato Sauté Marrow and Sweet Corn	Warm Chicken Salad with Mango and Avocado	Freekeh Salad with Arugula and Sundried Tomato	Mango Rice Pudding
THURSDAY 08/06/17	Baked Chicken Fingers with Honey Ginger Sauce Vegetable Manchurian Saffron Rice	Baked Vegetable Patties with Honey Ginger Sauce Vegetable Manchurian Saffron Rice	Turkey with Cranberry and Avocado Sandwich	Grilled Halloumi Cheese and Cucumber in Brown Bread	Fruit Salad

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

WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 11/06/17	Beef Paprika with Roasted Pepper Roasted Turnip and Carrot Peas Pilaf Rice	Baby Corn and Mushroom Paprika with Roasted Pepper Roasted Turnip and Carrot Peas Pilaf Rice	Balsamic Grilled Chicken in Whole Meal Bread	Greek Pasta Salad	Fruit Yoghurt
MONDAY 12/06/17	Creamy Tuscan Grilled Chicken Steamed Zucchini and Squash Baked Smiley Potato and Cubes	Vegetable Steak with Mushroom Sauce Steamed Zucchini and Squash Baked Smiley Potato & Cubes	Grilled Beef Caesar Salad	Vegetable Fajita in Tortilla Bread	Carrot Pudding
TUESDAY 13/06/17	Tuna Leek and Potato Patties with Sweet Sauce Vegetable Ragout	Lentil and Quinoa Patties with Sweet Sauce Vegetable Ragout	Turkey Avocado in Baguette Bread	Kale Salad with Roast Vegetable	Pineapple Cubes
WEDNESDAY 14/06/17	Pasta Rapido with Parsley Turkey and Roasted Vegetable Sauté Broccoli and Sweet Corn	Pasta Rapido with Parsley and Roasted Vegetable Sauté Broccoli and Sweet Corn	Club Sandwich	Grilled Pumpkin Cheese and Lettuce Sandwich	Pumpkin Dates Pudding
THURSDAY 15/06/17	Chicken Fruity Curry Steamed Carrot and Green Beans Brown Rice	Paneer and Mushroom Fruity Curry Steamed Carrot and Green Beans Brown Rice	Thai Noodles Salad with Grilled Chicken	Mango Paneer Sandwich	Fruit Custard



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

WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 18/06/17	Chicken Cube with Hoisin and Honey Sauce Sauté Pumpkin and Peas Vegetable Lo Mein	Vegetable Balls with Hoisin and Honey Sauce Sauté Pumpkin and Peas Vegetable Lo Mein	BBQ Chicken and Grilled Pineapple in Brown Baguette	Paneer Scrambled in Chapatti Roll	Fruit Yoghurt
MONDAY 19/06/17	Grilled Beef Steak Leek and Mushroom Ragout Steamed Cauliflower and Broccoli BBQ Roast Cube Potato	Chickpea and Leek Cutlets with Leek and Mushroom Ragout Steamed Cauliflower and Broccoli BBQ Roast Cube Potato	Beef, Arugula and Cheese Grilled Sandwich	Southwest Hummus Wrap	Watermelon Cubes
TUESDAY 20/06/17	Grilled Fish Fillet with Lemon Butter Sauce Vegetable Hotpot White Rice	Baked Vegetable Cutlet with Lemon Butter Sauce Vegetable Hotpot White Rice	Chicken Caesar Salad	Watermelon Feta Crumbled Salad	Banana Oats Pudding
WEDNESDAY 21/06/17	Mini Pasta with Turkey and Broccoli Light Cream Sauce Sauté Carrot and Green Zucchini Sticks	Mini Pasta with Broccoli Light Cream Sauce Sauté Carrot and Green Zucchini Sticks	Tuna Antipasti in Baguette	Roasted Mushroom and Mozzarella Baguette	Rock Melon Sticks
THURSDAY 22/06/17	Chicken Korma in Light Gravy Buttered Sweet Corn and Peas Tomato Pilaf Rice	Vegetable Korma in Light Gravy Buttered Sweet Corn and Peas Tomato Pilaf Rice	Turkey Salad with Mango and Avocado	Corn and Black Bean Burritos	Mixed Fruit Cubes with Plain Yoghurt (Low Fat)

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

<b>WEEK 5</b>	<b>HOT MEAL NON-VEGETARIAN</b>	<b>HOT MEAL VEGETARIAN</b>	<b>COLD MEAL NON-VEGETARIAN</b>	<b>COLD MEAL VEGETARIAN</b>	<b>DESSERT</b>
<b>SUNDAY 25/06/17</b>	<b>SCHOOL BREAK</b>				
<b>MONDAY 26/06/17</b>	<b>SCHOOL BREAK</b>				
<b>TUESDAY 27/06/17</b>	<b>SCHOOL BREAK</b>				
<b>WEDNESDAY 28/06/17</b>	<b>SCHOOL BREAK</b>				
<b>THURSDAY 29/06/17</b>	<b>SCHOOL BREAK</b>				

## RAFFLES INTERNATIONAL SCHOOL MENU LIST FOR NURSERY-VEGETARIAN LUNCH BOX FOR JUNE 2017

DAY	WEEK 1 01/06/2017	WEEK 2 04-08.06.2017	WEEK 3 11-15.06.2017	WEEK 4 18-22.06.2017	WEEK 5
SUNDAY		Vegetable Pepper Con Carne Seasoned Cut Beans and Cauliflower Mashed Potato Assorted Green Salad Fruit Yoghurt	Baby Corn and Mushroom Paprika with Roasted Pepper Roasted Turnip and Carrot Peas Pilaf Rice Assorted Green Salad Fruit Yoghurt	Vegetable Balls with Hoisin and Honey Sauce Sauté Pumpkin and Peas Vegetable Lo Mein Assorted Green Salad Fruit Yoghurt	SCHOOL BREAK
MONDAY		Vegetable Hotpot with Butter Beans Steamed Broccoli and Capsicum White Rice Assorted Green Salad Sticky Toffee Pudding	Vegetable Steak with Mushroom Sauce Steamed Zucchini and Squash Baked Smiley Potato and Cubes Assorted Green Salad Carrot Pudding	Chickpea and Leek Cutlets with Leek and Mushroom Ragout Steamed Cauliflower and Broccoli BBQ Roast Cube Potato Assorted Green Salad Watermelon Cubes	SCHOOL BREAK
TUESDAY		Vegetable Parcel with Tomato Sauce Honey-glazed Beetroot and Carrot Roast Cube Potato with Fresh Herb Assorted Green Salad Mixed Melon	Lentil and Quinoa Patties with Sweet Sauce Vegetable Ragout Assorted Green Salad Pineapple Cubes	Baked Vegetable Cutlet with Lemon Butter Sauce Vegetable Hotpot White Rice Assorted Green Salad Banana Oats Pudding	SCHOOL BREAK
WEDNESDAY		Greek-style mini Pasta with Sundried Tomato Sauté Marrow and Sweet Corn Assorted Green Salad Mango Rice Pudding	Pasta Rapido with Parsley and Roasted Vegetable Sauté Broccoli and Sweet Corn Assorted Green Salad Pumpkin Dates Pudding	Mini Pasta with Broccoli Light Cream Sauce Sauté Carrot and Green Zucchini Sticks Assorted Green Salad Rock Melon Sticks	SCHOOL BREAK
THURSDAY	Vegetable Makhanwala Steamed Peas and Sweet Corn Pilaf Rice Assorted Green Salad Mouhalabieh	Baked Vegetable Patties with Honey Ginger Sauce Vegetable Manchurian Saffron Rice Assorted Green Salad Fruit Salad	Paneer & Mushroom Fruity Curry Steamed Carrot and Green Beans Brown Rice Assorted Green Salad Fruit Custard	Vegetable Korma in Light Gravy Buttered Sweet Corn and Peas Tomato Pilaf Rice Assorted Green Salad Mixed Fruit Cubes w/ Yoghurt	SCHOOL BREAK

## LUNCH MENU FOR THE MONTH OF JUNE 2017

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun									
Mon									
Tue									
Wed									
Thu 01.06.2017	Caribbean Papaya and Orange Soup		Roasted Vegetable Subzi Vindaloo	Pasta Formaggio	Peri-Peri African Kebab	Chicken Biryani	Pan-fried Batter Fish with Light Tartar Sauce	Delmonico Potato	White Rice

## LUNCH MENU FOR THE MONTH OF JUNE 2017

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice	
Sun 04.06.2017	Parsnip and Apple Soup w/ Thyme	Grilled American Captains Chicken	Steamed Vegetables	Beef Lasagne				Samak Harra	Potato Gratin	White Rice
			Beetroot Thoran							
Mon 05.06.2017	Summer Vegetable Soup	Chermoula Grilled Fish Fillet	Sautéed Vegetables	Pasta w/ Roasted Eggplant & Feta Marinara	Lamb Kabsa (local style)	Chicken & Tomatillo Chimichangas		Whole Baked Potato	White Rice	
			Gobi Tomato Masala						Chapatti	
Tue 06.06.2017	Carrot -Lime Beans Soup	<u><a href="#">Tuesday's Wrap Up</a></u> Grilled Chicken Wrap	Baked Vegetables	Shell Pasta w/ Chickpeas, Leek and Rose Sauce	Beef w/ Baby Onion & Mushroom	Grilled Chicken w/ Tostadas Sauce	Tortilla Crust Baked Fish	Anna Potato	White Rice	
Wed 07.06.2017 Italian Theme Day	Lemony Lentil and Spinach Soup		Steamed Vegetables	Mushroom Ravioli w/ Saffron Garlic Sauce	Northern Italian Beef Stew	Italian Stuffed Chicken	Baked White Fish w/ Simple Tomato Sauce	Garlic Rosemary Roasted Potato	White Rice	
			Moghul Style Mix Vegetable						Brown Rice	
Thu 08.06.2017	Slim and Trim Vegetable Chicken Soup	Grilled Fish w/ Tomato	Roasted Vegetables	Pasta w/ Mushroom Asparagus & Herb Sauce	Cajun Roast Beef w/ Homemade Gravy	Chicken Tikka Biryani		Oven-baked Potato Wedges	White Rice	
			Aloo Karela							

## LUNCH MENU FOR THE MONTH OF JUNE 2017

Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 11.06.2017	Asparagus and Leek Soup	Nut-free Pesto Grilled Fish w/ Roasted Vegetable	Steamed Vegetable	Beef Lasagne	Koussa Warak	Chicken Chettinad		Cajun Roast Potato	White Rice
			Chole Bhaingan						
Mon 12.06.2017	French-Canadian Vegetable Soup	Avocado Caprese Skillet Chicken	Roasted Vegetables	Asian Stir- fry Garlic Noodles	Steak w/ Pepper Sauce		Crispy Baked Fish Manchurian	Mashed Potato	White Rice
			Chandhi Vegetable Korma						Chapatti
Tue 13.06.2017	Carrot and Orange soup	<u>Tuesday's Wrap Up</u> Chicken Tikka Wrap	Sautéed Vegetables	Penne Putanesca	Mexican Beef Supreme	Italian Roast Chicken w/ Provencal Sauce	Baked Fish Nicosia	Cowboy Potato	White Rice
		HarraChanna Masala							
Wed 14.06.17 Portuguese Theme Day	Lentil Soup		Baked Vegetables	Massadade Peixe (pasta)	Bifes de Cebolada (Beef & Onion)	Portuguese Peri-Peri Chicken	Portuguese Style Baked Fish	Dannygirl's Parisienne Potato	White Rice
			Vegetable Kolaphuri						Portuguese Yellow Rice
Thu 15.06.17	Mexican Beans Soup	Grilled Fish with Greek Tomato Red Onion & Feta	Steamed Vegetables	Baked Macaroni with Vegetable & Cheese	Beef Emince with Dijon Mustard Sauce	Chicken Biryani		Harra Potato	White Rice
		Avial Vegetable Curry							

## LUNCH MENU FOR THE MONTH OF JUNE 2017

Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 18.06.17	Chicken Freekeh Soup	Lemon Pepper Grilled Fish	Steamed Vegetables	Beef Lasagne	Laban Immo (Lamb)	Chicken w/ Pizzaiola Sauce		Savory Roast Potato	White Rice
			Kurmuri Bhindi						
Mon 19.06.17	Cream of Mushroom Soup	Grilled Fish Fillet w/ Asparagus Basil Sauce	Roasted Vegetable	Spaghetti w/ Garlic	Slow Braised Rump Rosemary Jus	Traditional Chicken Divan		Dauphinoise Potato	White Rice
			Beans Thoran						Chapatti
Tue 20.06.17	Chicken Cilantro Lime Soup	Grilled Chicken w/ Saffron Dill Sauce	Sautéed Vegetables	Penne with Mushroom Green Pea & Zucchini in Tarragon Cream Sauce	Lamb Hong Kong Style	<u>Tuesday's Wrap Up</u> <b>Chicken Fajitas Wrap</b>	Thai Fish Green Curry	Lyonnais potato	White Rice
Subze Lajawab									
Wed 21.06.17 Philippines Theme Day	Cock-a-leekie Soup		Baked Vegetables	Pancit Canton	Beef Bulalo with Pechay	Chicken Embutido	Fish Fillet Escabeche	Normandy Potato	White Rice
			Tindly Bhaji						Jasmine Rice
Thu 22.06.17	Roasted Tomato Barley Soup		Steamed Vegetables	Linguine with Artichoke & Nut-free Pesto Cream Sauce	Thai Style Jerky Beef Steak	Chicken Biryani	Fish Tikka Masala	Cajun Potato Wedges	White Rice
			Aloo Palak						

