

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

WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 10/09/2017	Tiny Beef Burger with Mushroom sauce Steamed Coin Carrots & Marrow Mashed Potato	Vegetable Cottage pie Steamed Coin Carrots & Marrow Mashed Potato	Turkey Sandwich in Multi- Cereal Bread	Italian Broccoli & Pasta Salad	Fruit Yoghurt
MONDAY 11/09/2017	Grilled Chicken Strips with Roasted Pepper Sauce Sauté Diced Zucchini & Carrots Lemon Rice	Baked Broccoli Nuggets with Dip Steamed Coin Carrots & Marrow Mashed Potato	Beef Salad with Grilled Pepper & Mushrooms	Grilled Vegetable & Feta Crumbled Panini	Sticky Toffee Pudding
TUESDAY 12/09/2017	Mediterranean Baked Fish Fillet in Tomato Sauce Steamed Broccoli & Sweet corn Roasted Potato with Herbs	Vegetable Cutlets with Tomato Sauce Steamed Broccoli & Sweet corn Roasted Potato with Herbs	Roasted Beef Sandwich in Brown Bread	Mediterranean Vegetable Salad	Fruit Salad
WEDNESDAY 13/09/2017	Mini Shell Pasta Turkey with Sundried Tomato & Asparagus Cream Sauce Steamed Corn Carrot & Marrow	Mini Shell Pasta with Sundried Tomato & Asparagus Cream Sauce Steamed Corn Carrot & Marrow	Chicken Tikka & Cucumber Wrap	Beetroot & Apple Salad	Apple Crumble
THURSDAY 14/09/2017	Baked Chicken Nuggets Vegetable Manchurian White Rice	Baked Vegetable Nuggets Vegetable Manchurian White Rice	Tuna Nicoise Salad	Halloumi Cheese in Panini	Diced Pineapple

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WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 17/09/2017	Salisbury Steak with Brown Gravy Baked Italian Vegetable Parsley Potato Cube	Vegetable Salisbury Steak with Brown Gravy Baked Italian Vegetable Parsley Potato Cube	Tuna Salad Sandwich in Whole Wheat Roll	Iceberg Sweet corn and Orange Salad	Fruit Yoghurt
MONDAY 18/09/2017	Butter Chicken Steamed Corn & Green Peas Pilaf Rice	Vegetable Korma Steamed Corn & Green Peas Pilaf Rice	Chicken Tandoori Salad	Cheese & Tomato Sandwich	Mango Pudding
TUESDAY 19/09/2017	Baked Tuna & Potato Patties with Salsa Teriyaki Green Beans & Carrots Brown Rice	Mushroom Ala King Teriyaki Green Beans & Carrots Brown Rice	Roast Beef with Whole Wheat Bread	Pasta Salad with Artichoke	Rock Melon Sticks
WEDNESDAY 20/09/2017	Mini Pasta Arabiata with Turkey Honey Glazed Beetroot & Carrot Stick	Mini Pasta Arabiata with Vegetables Honey Glazed Beetroot & Carrot Stick	Beef Salad with Grilled Pepper and Mushroom	Grilled Vegetable Sandwich	Lemon Pie
THURSDAY 21/09/2017	Chicken Ala King Sauté Broccoli & Sweet Corn Hungarian Paprika Potato	Vegetable Ala King Sauté Broccoli & Sweet Corn Hungarian Paprika Potato	Roast Chicken with Guacamole in Baguette	Mango Paneer Sandwich	Mixed Melon

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WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 24/09/2017	Chicken Marengo Sauté Mixed Pumpkin & Snow Peas Mushroom Rice	Three Beans Casserole Sauté Mixed Pumpkin & Snow Peas Mushroom Rice	Chicken Fajita in Tortilla Roll	Aegean Summer Salad	Fruit Yoghurt
MONDAY 25/09/2017	Beef Stroganoff Steamed Broccoli & Sweet Corn Mashed Apple and Potato	Vegetable Stroganoff Steamed Broccoli & Sweet Corn Mashed Apple and Potato	Beef Salad with Grilled Pepper and Mushroom	Vegetable Fajita Wrap	Fruit Custard
TUESDAY 26/09/2017	Oven-Baked Fish with Cilantro Aioli Vegetable Ratatouille White Rice	Roasted Pumpkin Cannelloni Antipasti Vegetable Ragout White Rice	Roast Chicken with Guacamole in Baguette	Four Beans Salad	Fruity Mini Muffin
WEDNESDAY 27/09/2017	Shell Pasta with diced Turkey in Alfredo Sauce Sliced Carrots Ala Camille	Shell Pasta with Vegetables in Alfredo Sauce Sliced Carrots Ala Camille	Chicken Hawaiian Salad	Grilled Vegetable Sandwich	Mouhalabieh
THURSDAY 28/09/2017	Hawaiian BBQ Chicken Balls Zesty Snow Peas & Squash Smiley Potato	Vegetable Fajitas with Tofu Zesty Snow Peas & Squash Smiley Potato	Turkey and Cranberry in Ciabatta Bread	Spinach Chickpea and Mushroom Salad	Baked Cinnamon Apples

LUNCH MENU FOR THE MONTH OF SEPTEMBER 2017

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun									
Mon									
Tue 05.09.17	Thai Style Pumpkin Soup	Grilled Fish Meuniere	Steamed Vegetables	Pasta Formaggio	Lamb Biryani (Boneless)	Chicken Cacciatore	Live Station Chicken Burritos Wrap	Oven Baked Potato Wedges	White Rice
			Vegetable Korma						
Wed 06.09.17	Minestrone Soup	Grilled Chicken with Rosemary Sauce	Steamed Vegetables	Farfalle Ala Caruso	Meat Balls with Tomato Sauce		Samak Machbous	Roasted Potato with Herb	White Rice
			Vegetable Makhani						
Thu 07.09.17	Barley and Vegetable Soup	Grilled Beef with Barbeque Sauce	Steamed Vegetables	Pasta Milanese		Chicken Biryani (Boneless)	Jamaican Brown Fish Stew	Coriander Roast Potato	White Rice
			Aloo Gobi Masala						

LUNCH MENU FOR THE MONTH OF SEPTEMBER 2017

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 10.09.17	Roasted Pumpkin Soup	Grilled Fish Fillet with Cilantro Sauce	Steamed Vegetables	Spinach and Pumpkin Lasagna	Lamb Mansaf	Butter Chicken		Anna Potato	White Rice
			Aloo Methi Mutter						
Mon 11.09.17	Potato, Onion and Leek Soup	Grilled Chicken Tandoori	Steamed Vegetables	Pasta Alfredo with Sundried Tomato and Veggies	Beef Stroganoff		Fisherman's Pie	Sautéed Potato with Onion and Garlic	White Rice
			Vegetable Do Pyaza						
Tue 12.09.17	Tomato Rasam Soup	Live Station Baked Falafel and Salad Wrap	Steamed Vegetables	Shell Pasta Primavera	Roast Beef with Home Made Gravy	Chicken Marengo	Fish Tikka Biryani	Mashed Apple and Potato	White Rice
			Navratan Korma						
Wed 13.09.17	Lentil and Spinach Soup	Grilled Fish with Creole Sauce	Steamed Vegetables	Sicilian Pasta	Chili Con Carne	Chicken Machboos		Parsley Potato	White Rice
			Aloo Karela						
Thu 14.09.17	Broccoli Soup		Steamed Vegetables	Pasta Moong Bolonese	Beef Bourguignon	Chicken Tikka Biryani (Boneless)	Mediterranean Baked Fish in Tomato Sauce	Rosemary Roast Potato	White Rice
			Gobi Manchurian						

LUNCH MENU FOR THE MONTH OF SEPTEMBER 2017

Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 17.09.17	Carrot and Coriander Soup		Steamed Vegetables	Spinach and Ricotta Cannelloni	Hungarian Beef Goulash	Chicken Kabsa	Baked Fish with Dill and Taragon Sauce	Savory Roast Potato	White Rice
			Paneer Jalfrezi						
Mon 18.09.17	Egg Drop Soup	Grilled Fish Fillet with Capers Sauce	Steamed Vegetables	Penne Ala Mexican	Shepherd's Pie Baked with Mashed Potato	Chicken Salona Local Style		Smiley Potato	White Rice
			Aloo Rajma Masala						Vermicelli Rice
Tue 19.09.17	Butternut Squash Soup	Chicken Satay (Nut Free)	Steamed Vegetables	Vegetable Hakka	Swedish Meatballs with Brown Gravy	Live Station Chicken Fajita Wrap	Samak Harra	Champ Potato	White Rice
			Harra Chana Masala						Vermicelli Rice
Wed 20.09.17	Mexican Beans Soup		Steamed Vegetables	Pasta Arabiatta	Chinese Pepper Steak	Chicken Florentine	Fish Tikka Masala	Anna Potato	White Rice
			Aloo Kaddu Curry						Mushroom Rice
Thu 21.09.17	Hot and Sour Chicken Soup	Iranian Grilled Fish with Saffron Sauce	Steamed Vegetables	Fettuccinni Pasta Ala Ratatouille	Beef Irish Stew	Chicken Biryani (Boneless)		Lemon and Parsley Potato	White Rice
			Avial						

LUNCH MENU FOR THE MONTH OF SEPTEMBER 2017

Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 24.09.17	Celery and Fuji Apple Soup		Steamed Vegetables	Mexican Meat Lasagna	Lamb Machboos	Chicken Piccata with Lemon Capers and Artichoke Heart	Sweet and Sour Fish	Parsley Potato	White Rice
			Aloo Beans Bhaji						
Mon 25.09.17	Harira Soup	Arabic Mixed Grill	Steamed Vegetables	Pasta with Creamy Honey Basil Sauce		Chicken Teriyaki	Baked Fish with Tomato and Herbs Sauce	Lyonnais Potato	White Rice
			Shahi Korma						Saffron Rice
Tue 26.09.17	Provencal Soup	Grilled Fish Fillet with Dill	Steamed Vegetables	Spaghetti Bolognese	Lamb Salona with Dried Apricot and Prunes	Chicken Escalope	Live Station Chicken Tikka Wrap	Greek Style Roast Potato	White Rice
			Vegetable Jalfrezi						Vermicelli Rice
Wed 27.09.17	Lentil and Spinach Soup	Grilled Chicken with Cardinal Sauce	Steamed Vegetables	Shell Pasta with Turkey and Napolitana Sauce	Beef and Vegetable Stew		Cajun Fish with Tomato Salsa	Broccoli Potato	White Rice
			Paneer Mushroom Kolapuri						Lemon Rice
Thu 28.09.17	Asparagus Soup		Steamed Vegetables	Baked Pasta with Roasted Pumpkin and Ricotta	American Meatballs with Red Sauce	Chicken Tikka Biryani (Boneless)	Kung Pao Fish Fillet		White Rice
			Tendly Chana Masala						