

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

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 01/10/2017	Swedish Meatballs with Brown Gravy Boiled Carrots and Sweet Peas Mashed Potato	Mushroom Stroganoff Boiled Carrots and Sweet Peas Mashed Potato	Chicken Hawaiian Salad	Iceberg, Sweetcorn and Orange Salad	Fruit Yoghurt
MONDAY 02/10/2017	Chicken Biryani Vegetable Cacciatore	Vegetable Biryani Vegetable Cacciatore	Beef Fajita in Tortilla Roll	Vegetable Fajita Wrap	Carrot Pudding
TUESDAY 03/10/2017	Oven Baked Fish Finger with Cilantro Aioli Sauté Cabbage and Red Pumpkin Greek Style Roast Potato	Italian Vegetables Sauté Cabbage and Red Pumpkin Greek Style Roast Potato	Tuna Chef Salad	Rainbow Salad	Smiley Orange
WEDNESDAY 04/10/2017	Mini Pasta with Turkey and Spinach in Creamy Sauce Assorted Grilled Vegetables	Mini Pasta with Spinach in Creamy Sauce Assorted Grilled Vegetables	Grilled Chicken Wrap	Grilled Vegetable Wrap	Banana Custard
THURSDAY 05/10/2017	Chicken Adobo Steamed Sweet Corn and Green Peas White Rice	Vegetable Chopsuey Steamed Sweet Corn and Green Peas White Rice	Beef Salad with Grilled Pepper and Mushroom	Spinach Chickpea and Mushroom Salad	Rock Melon Sticks

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WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 08/10/2017	Grilled Beef Strips with Assorted Pepper Sauce Steamed Coin Carrots and Marrow Champ Potato	Vegetable Ratatouille Steamed Coin Carrots and Marrow Champ Potato	Roast Chicken with Guacamole in Baguette	Italian Broccoli & Pasta Salad	Fruit Yoghurt
MONDAY 09/10/2017	Chicken Marengo Steamed Cauliflower and Snow Peas Peas Pilaf Rice	Three Beans Casserole Steamed Cauliflower and Snow Peas Peas Pilaf Rice	Tuna Nicoise Salad	Mango Paneer Sandwich	Vermicelli Pudding
TUESDAY 10/10/2017	Grilled Fish with Asparagus Sauce Buttered Sweetcorn and Peas French Bistro Potato	Paneer Mushroom with Light Curry Sauce Buttered Sweetcorn and Peas French Bistro Potato	Turkey and Cranberry in Ciabatta Bread	Mediterranean Vegetable Salad	Rock Melon Sticks
WEDNESDAY 11/10/2017	Mini Pasta with Turkey Meatballs in Tomato Sauce Vegetable Moussaka	Mini Pasta with Herb in Tomato Sauce Vegetable Moussaka	Chicken Caesar Salad	Halloumi Cheese Sandwich	Lemon Pie
THURSDAY 12/10/2017	Baked Chicken Balls with Sweet and Sour Sauce Sauté Peas and Carrot Sticks Brown Rice	Loubieh Bil Zeit Sauté Peas and Carrot Sticks Brown Rice	Roast Beef with Whole Wheat Bread	Beetroot & Apple Salad	Mixed Melon

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WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 15/10/2017	Beef Goulash Assorted Grilled Vegetable Mashed Potato	Mini Vegetable Patties in Onion Gravy Assorted Grilled Vegetable Mashed Potato	Beef Salad with Grilled Pepper & Mushrooms	Panini Sandwich in Whole Wheat Roll	Fruit Yoghurt
MONDAY 16/10/2017	Baked Chicken with Spinach and Cream Sauce Sauté Cut Green Beans and Carrots Mushroom Rice	Spinach Dumpling with Tomato Sweet Pepper Sauce Sauté Cut Green Beans and Carrots Mushroom Rice	Chicken Panini Sandwich	Aegean Summer Salad	Fruit Custard
TUESDAY 17/10/2017	Grilled Fish with Lemon Chives Sauce Zesty Snow Peas & Squash Baked Croquette Potato	Vegetable Manchurian Zesty Snow Peas & Squash Baked Croquette Potato	Tuna Sandwich in Multi- Cereal Bread	Russian Salad	Fruity Mini Muffin
WEDNESDAY 18/10/2017	Pasta Formaggio with Turkey and Three Herbs Sliced Carrots Ala Camille	Pasta Formaggio with Vegetables and Three Herbs Sliced Carrots Ala Camille	Turkey with Iceberg Lettuce in Chapatti Bread	Rocca & Sweet Corn Salad	Mouhalabieh
THURSDAY 19/10/2017	Butter Chicken Boiled Carrot Sticks and Peas White Rice	Vegetable Makhanwala Boiled Carrot Sticks and Peas White Rice	Oriental Chicken Salad	Vegetable Tikka Sandwich	Baked Cinnamon Apples

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WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 22/10/2017	Beef and Mushroom Ragout Sauté Mixed Pumpkin & Snow Peas Sauté Potato with Onion and Garlic	Vegetable Cutlets with carrot Sauce Sauté Mixed Pumpkin & Snow Peas Sauté Potato with Onion and Garlic	Cheese and Egg Sandwich	Halloumi Cheese Sandwich	Fruit Yoghurt
MONDAY 23/10/2017	Grilled Chicken Strips with Lemon and Pepper Sauce Steamed Sweet Corn & Carrots Vegetable Rice	Vegetable Makhani Steamed Sweet Corn & Carrots Vegetable Rice	Beef Salad with Grilled Pepper and Mushroom	Italian Broccoli & Pasta Salad	Orange Pudding
TUESDAY 24/10/2017	Sweet and Sour Fish Fillet Buttered Green Beans Savoury Roast Potato	Spinach Dumpling with Tomato Sweet Pepper sauce Buttered Green Beans Savoury Roast Potato	Chicken Fajita in Tortilla Roll	Vegetable Fajita Wrap	Diced Pineapple
WEDNESDAY 25/10/2017	Farfalle Pasta with Turkey in Pink Sauce Sliced Carrots Ala Camille	Farfalle Pasta with Vegetables in Pink Sauce Sliced Carrots Ala Camille	Tuna Chef Salad	Mediterranean Vegetable Salad	Profiterole (Custard)
THURSDAY 26/10/2017	Chicken Ala King Zesty Snow Peas & Squash Twice Baked Potato	Vegetable Ala King Zesty Snow Peas & Squash Twice Baked Potato	Turkey Panini Sandwich	Mango Paneer Sandwich	Carrot Cake

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WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 29/10/2017	Beef Stew with Bok Choy, Cabbage, and Green Beans Sliced Carrots Alla Camille Saffron Rice	Vegetable Ragout Cabbage, and Green Beans Sliced Carrots Alla Camille Saffron Rice	Chicken Caesar Salad	Spinach Chickpea and Mushroom Salad	Fruit Yoghurt
MONDAY 30/10/2017	Grilled Chicken with Rosemary Sauce Steamed Coin Carrots and Marrow Steamed Cube Potato with Herb	Vegetable Fajitas with Tofu Steamed Coin Carrots and Marrow Steamed Cube Potato with Herb	Omeletter in Tortilla Bread	Panini Sandwich in Whole Wheat Roll	Banana Pudding
TUESDAY 31/10/2017	Lemon Orange Zest Grilled Fish Sauté Peas and Carrot Sticks Brown Rice	Baked Broccoli Nuggets with Dip Sauté Peas and Carrot Sticks Brown Rice	Chicken Tikka with Cucumber Wrap	Rainbow Salad	Summer Fruit Trifle

LUNCH MENU FOR THE MONTH OF OCTOBER 2017

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 01.10.17	Broccoli Soup	Grilled Dory Fish with Creamy Chives Sauce	Steamed Vegetables	Lasagna Al Forno	Lamb Makhloubeh with Yoghurt	Butter Chicken		Harra Potato	White Rice
			Chole Palak						
Mon 02.10.17	Vegetable Broth Soup	Grilled Chicken Tandoori	Grilled Vegetables	Shell Pasta Alla Ortolano	Beef Stew with Baby Corn and Mushroom		Fish Manchurian	Anna Potato	White Rice
			Kaddu Channa						Kashmiri Pulao
Tue 03.10.17	Pumpkin and New England Soup	<u>Tuesday's Wrap Up</u> Grilled Chicken Wrap	Steamed Vegetables	Rigatoni Primavera	Chili Con Carne	Chicken Korma	Samak Machboos	Oven Baked Potato Wedges	White Rice
Butter Beans Stew									
Wed 04.10.17	Hot and Sour Chicken Soup	Grilled Steak with Barbeque Sauce	Grilled Vegetables	Farfalle Pasta with Turkey and Pink Sauce		Chicken Dumplings	Fish Tikka Masala	Creole Roast Potato	White Rice
			Grandma's Vegetable Casserole						Vegetable Rice
Thu 05.10.17	Heart Italian Soup		Steamed Vegetables	Vegetable Lasagna	Bamya Bil Laham	Chicken Biryani (Boneless)	Fish Cajun with Tomato Salsa	Rosemary Roast Potato	White Rice
			Beetroot Thoran						

LUNCH MENU FOR THE MONTH OF OCTOBER 2017

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 08.10.17	Cream of Pea Soup		Steamed Vegetables	Lasagna Al Forno	Lamb Mansaf	Chicken Do Piazza	Baked Fish with Parsley Sauce	Lemon and Parsley Potato	White Rice
			Aloo Karela						
Mon 09.10.17	Sweetcorn Soup	Grilled Fish with Chives Sauce	Grilled Vegetables	Pasta in Pink Sauce with Asparagus and Artichoke	Hong Kong Style Beef	Chicken Salona (Local Style)		Roasted Potato with Herbs	White Rice
			Channa Masala						Vermicelli Rice
Tue 10.10.17	Italian Crock Pot Soup	<u>Tuesday's Wrap Up</u> Chicken Burritos Wrap	Steamed Vegetables	Vegan Fettuccini Pomodoro	Beef Stroganoff	Chicken Steak with Dried Fig Sauce	Local Style Grilled Fish with Biryani Rice	Chives Mashed Potato	White Rice
			Avial						
Wed 11.10.17	Chicken and Mushroom Soup	Grilled Chicken Strips with Lemon and Pepper Sauce	Grilled Vegetables	Mini Pasta Arabiatta with Turkey	Lamb Tagine with Apricot		Fish Fillet with Garlic Sauce	Broccoli Potato	White Rice
			Beans and Red Pumpkin Curry						Vermicelli Rice
Thu 12.10.17	Parsnip Soup		Steamed Vegetables	Lasagna Verde	Beef Irish Stew	Chicken Tikka Biryani (Boneless)	Arabic Style Fish Kebab	Baked Croquette Potato	White Rice
			Lahori Tendli Channa						

LUNCH MENU FOR THE MONTH OF OCTOBER 2017

Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 15.10.17	Leek and Potato Soup	Grilled Fish Fillet with Dill	Steamed Vegetables	Lasagna Al Forno	Lamb Biryani	Chicken Ala King		Balsamic Roast Potato Wedges	White Rice
			Aloo Gobi Masala						
Mon 16.10.17	Carrot and Coriander Soup	Grilled Salisbury Steak with Brown Gravy	Grilled Vegetables	Chicken Lo Mein Linguine Pasta		Chicken Saagwala	Baked Fish with Tomato and Herb Sauce	Champ Potato	White Rice
			Beans and Cabbage Thoran						Mushroom Rice
Tue 17.10.17	Mediterranean Tomato Soup	<u>Tuesday's Wrap Up</u> Chicken Fajita Wrap	Steamed Vegetables	Homemade Macaroni Pasta with Chicken and Vegetables	Stir Fry Beef with Broccoli	Chicken Kabsa	Californian Fish Stew	Anna Potato	White Rice
		Eggplant and Potato Curry							
Wed 18.10.17	Egg Drop Soup	Grilled Fish Ala Greek	Grilled Vegetables	Mini Penne Pasta Bolognese	Healthy Beef Casserole	Mongolian Style Chicken		Greek Style Potato	White Rice
			Panner Jalfrezi						Lemon Rice
Thu 19.10.17	Cauliflower Soup		Steamed Vegetables	Grilled Vegetable and Pasta Baked	Doud Basha	Chicken Biryani (Boneless)	Fish Mango Curry	Smiley Potato	White Rice
			Shahi Korma						

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Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 22.10.17	Red Cabbage and Apple Soup		Steamed Vegetables	Lasagna Al Forno	Stuffed Vine Leaves and Marrow	Chicken Makhanwala	Fish Biryani	Coriander Roast Potato	White Rice
			Cauliflower Tomato Masala						
Mon 23.10.17	Yellow Lentil Soup	Hawaiian Barbeque Chicken Balls	Grilled Vegetables	Bowtie Pasta with Sundried Tomato and Turkey	Lamb and Potato Stew		Samak Harra	Savory Roast Potato	White Rice
			Loubieh Bil Zeit						Vermicelli Rice
Tue 24.10.17	Butternut Squash Soup	<u>Tuesday's Wrap Up</u> Chicken Tikka Wrap	Steamed Vegetables	Baked Macaroni Bolognese	Italian Meatballs in Tomato Sauce	Chicken Machbous	Herb Crusted Fish Carrot Sauce	Potato Milanese	White Rice
			Aloo Beans Bhaji						
Wed 25.10.17	Macaroni Chicken Soup	Roast Beef with Homemade Gravy	Grilled Vegetables	Mexican Meat Lasagna		Chicken Cacciatore	Kung Pao Fish Fillet	Creamy Mashed Potato	White Rice
			Dahi Curry						Mushroom Rice
Thu 26.10.17	Indonesian Carrot Soup		Steamed Vegetables	Shell Pasta with Turkey and Napolitana Sauce	Kofta Kebab with Condiments	Chicken Tikka Biryani (Boneless)	Jamaican Brown Fish Stew	Twice Baked Potato	White Rice
			Bhaingan Chole Masala						

