

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

WEEK 1	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY 01/11/2017	Shell Pasta with Minced Meat in Bechamel Sauce	Assorted Grilled Vegetables		Fresh Watermelon Cubes
THURSDAY 02/11/2017	Chinese Roast Chicken Stripes	Steamed Sweet Corn and Green Peas	White Rice	Rock Melon Sticks

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

<b>WEEK 2</b>	<b>MAIN COURSE</b>	<b>VEGETABLES</b>	<b>RICE/POTATO</b>	<b>DESSERT</b>
<b>SUNDAY</b> 05/11/2017	Healthy Beef Casserole	Steamed Coin Carrots and Turnip	Champ Potato	Fruit Yoghurt
<b>MONDAY</b> 06/11/2017	Chicken Machboos	Mixed Roasted Vegetables		Vermicelli Pudding
<b>TUESDAY</b> 07/11/2017	Oven Baked Fish Coated in Cornflakes	Buttered Sweetcorn and Peas	Sumak Roasted Potato	Rock Melon Sticks
<b>WEDNESDAY</b> 08/11/2017	Mini Pasta Arabiatta with Turkey	Zesty Green Peas and Squash		Lemon Pie
<b>THURSDAY</b> 09/11/2017	Mongolian Style Chicken	Sauté Peas and Carrot Sticks	Jasmine Rice	Mixed Melon

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

<b>WEEK 3</b>	<b>MAIN COURSE</b>	<b>VEGETABLES</b>	<b>RICE/POTATO</b>	<b>DESSERT</b>
<b>MONDAY</b> 13/11/2017	Roast Beef with Homemade Gravy	Assorted Grilled Vegetable	Mashed Potato	Fruit Yoghurt
<b>TUESDAY</b> 14/11/2017	Chicken Ala King	Sauté Cut Green Beans and Carrots	Mushroom Rice	Banana Custard
<b>WEDNESDAY</b> 15/11/2017	Fish Fillet with Garlic Sauce	Zesty Parsnip & Squash	Savoury Roast Potato	Fruity Mini Muffin
<b>THURSDAY</b> 16/11/2017	Bow Tie Pasta with Sundried Tomato and Turkey	Sliced Carrots Ala Camille		Mango Pudding
<b>SUNDAY</b> 12/11/2017	Chicken Dumplings	Boiled Carrot Sticks and Peas	Tomato Rice	Baked Cinnamon Apples

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

<b>WEEK 4</b>	<b>MAIN COURSE</b>	<b>VEGETABLES</b>	<b>RICE/POTATO</b>	<b>DESSERT</b>
<b>SUNDAY</b> 19/11/2017	Beef Stew with Baby Corn & Mushrooms	Sauté Mixed Pumpkin & Green Peas	Twice Baked Potato	Fruit Yoghurt
<b>MONDAY</b> 20/11/2017	Asian Barbeque Chicken	Steamed Sweet Corn & Carrots	Vegetable Rice	Orange Smiley
<b>TUESDAY</b> 21/11/2017	Fish Ala Portuguese	Steamed Sweet Corn & Green Peas	Rosemary Roast Potato	Diced Pineapple
<b>WEDNESDAY</b> 22/11/2017	Pasta Shells with Grilled Chicken	Sliced Carrots Ala Camille		Profiterole (Custard)
<b>THURSDAY</b> 23/11/2017	Balsamic Grilled Chicken with Orange Rosemary Sauce	Sauté Cut Green Beans and Sweet Corn	Minted Potato	Carrot Cake

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

<b>WEEK 5</b>	<b>MAIN COURSE</b>	<b>VEGETABLES</b>	<b>RICE/POTATO</b>	<b>DESSERT</b>
<b>SUNDAY 26/11/2017</b>	Beef in Hong Kong Style	Sauté Cabbage and Red Pumpkin	Lemon Rice	Fruit Yoghurt
<b>MONDAY 27/11/2017</b>	Chicken Fricasse	Sauté Peas and Carrots	Baked Croquette Potato	Banana Pudding
<b>TUESDAY 28/11/2017</b>	Grilled Fish with Green Peas Puree	Assorted Grilled Vegetables	Saffron Rice	Summer Fruit Trifle
<b>WEDNESDAY 29/11/2017</b>	Pasta Casserole with Turkey, Vegetables and Cheese	Honey Glazed Beetroot and Carrots		Mouhalabieh
<b>THURSDAY 30/11/2017</b>	Chicken Steak with Dried Fig Sauce	Steamed Sweetcorn and Green Peas	Lemon and Parsley Potato	Fruit Custard

DAY	WEEK 1 (01-02.11.2017)	WEEK 2 (05-09.11.2017)	WEEK 3 (12-16.11.2017)	WEEK 4 (19-23.11.2017)	WEEK 5 (26-30.11.2017)
<b>SUNDAY</b>		Butter Beans Stew Steamed Coin Carrots and Turnip Champ Potato Fruit Yoghurt	Mini Vegetable Patties in Onion Gravy Assorted Grilled Vegetable Mashed Potato Fruit Yoghurt	Vegetable Stew with Baby Corn & Mushrooms Sauté Mixed Pumpkin & Green Peas Twice Baked Potato Fruit Yoghurt	Vegetable Fajitas with Tofu Sauté Cabbage and Red Pumpkin Lemon Rice Fruit Yoghurt
<b>MONDAY</b>		Vegetable Machboos Mixed Roasted Vegetables Vermicelli Pudding	Vegetable Ala King Sauté Cut Green Beans and Carrots Mushroom Rice Banana Custard	Vegetable Cacciatore Steamed Sweet Corn & Carrots Vegetable Rice Orange Smiley	Vegetarian Fricasse Sauté Peas and Carrots Baked Croquette Potato Banana Pudding
<b>TUESDAY</b>		Vegetable Ala King Buttered Sweetcorn and Peas Sumak Roasted Potato Rock Melon Sticks	Ravioli Provencale Zesty Turnip & Squash Savoury Roast Potato Fruity Mini Muffin	Mixed Vegetable Manchurian Steamed Sweet Corn & Green Peas Rosemary Roast Potato Diced Pineapple	Grandmas Vegetable Casserole Assorted Grilled Vegetables Saffron Rice Summer Fruit Trifle
<b>WEDNESDAY</b>	Vegetarian Shell Pasta in Bechamel Sauce Assorted Grilled Vegetables Fresh Watermelon Cubes	Mini Pasta Arabiatta with Vegetables Zesty Green Peas and Squash Lemon Pie	Bow Tie Pasta with Sundried Tomato Sliced Carrots Ala Camille Mango Pudding	Pasta Shells with Grilled Vegetables Sliced Carrots Ala Camille Profiterole (Custard)	Pasta Casserole with Vegetables and Cheese Honey Glazed Beetroot and Carrots Mouhalabieh
<b>THURSDAY</b>	Chinese Vegetable Stir-Fry Steamed Sweet Corn and Green Peas White Rice Rock Melon Sticks	Vegetable Chopsuey Sauté Peas and Carrot Sticks Jasmine Rice Mixed Melon	Vegetable Dumplings Boiled Carrot Sticks and Peas Tomato Rice Baked Cinnamon Apples	Balsamic Grilled Vegetables with Orange Rosemary Sauce Sauté Cut Green Beans and Sweet Corn Minted Potato Carrot Cake	Vegetable Steak with Dried Fig Sauce Steamed Sweetcorn and Green Peas Lemon and Parsley Potato Fruit Custard

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

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY 01/11/2017	Shell Pasta with Minced Meat in Bechamel Sauce Assorted Grilled Vegetables	Vegetarian Shell Pasta in Bechamel Sauce Assorted Grilled Vegetables	Beef Salad with Grilled Pepper and Mushroom	Grilled Vegetable and Feta Crumble Panini	Fresh Watermelon Cubes
THURSDAY 02/11/2017	Chinese Roast Chicken Stripes Steamed Sweet Corn and Green Peas White Rice	Chinese Vegetable Stir-Fry Steamed Sweet Corn and Green Peas White Rice	Grilled Chicken Wrap	Grilled Vegetable Wrap	Rock Melon Sticks

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

WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 05/11/2017	Healthy Beef Casserole Steamed Coin Carrots and Turnip Champ Potato	Butter Beans Stew Steamed Coin Carrots and Turnip Champ Potato	Chicken Tandoori Salad	Vegetable Fajita	Fruit Yoghurt
MONDAY 06/11/2017	Chicken Machboos Mixed Roasted Vegetables	Vegetable Machboos Mixed Roasted Vegetables	Roast Chicken with Guacamole in Baguette	Beetroot and Apple Salad	Vermicelli Pudding
TUESDAY 07/11/2017	Oven Baked Fish Coated in Cornflakes Buttered Sweetcorn and Peas Sumak Roasted Potato	Vegetable Ala King Buttered Sweetcorn and Peas Sumak Roasted Potato	Tuna Nicoise Salad	Halloumi Cheese Sandwich	Rock Melon Sticks
WEDNESDAY 08/11/2017	Mini Pasta Arabiatta with Turkey Zesty Parsnip and Squash	Mini Pasta Arabiatta with Vegetables Zesty Parsnip and Squash	Turkey & Cranberry in Ciabatta Bread	Spinach Chickpea and Mushroom salad	Lemon Pie
THURSDAY 09/11/2017	Mongolian Style Chicken Sauté Peas and Carrot Sticks Jasmine Rice	Vegetable Chopsuey Sauté Peas and Carrot Sticks Jasmine Rice	Chicken Caesar Salad	Mango Paneer Sandwich	Mixed Melon



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

WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 12/11/2017	Roast Beef with Homemade Gravy Assorted Grilled Vegetable Mashed Potato	Mini Vegetable Patties in Onion Gravy Assorted Grilled Vegetable Mashed Potato	Beef Fajita in Tortilla Roll	Mediterranean Vegetable Salad	Fruit Yoghurt
MONDAY 13/11/2017	Chicken Ala King Sauté Cut Green Beans and Carrots Mushroom Rice	Vegetable Ala King Sauté Cut Green Beans and Carrots Mushroom Rice	Chicken Hawaiian Salad	Vegetable Tikka Sandwich	Banana Custard
TUESDAY 14/11/2017	Fish Fillet with Garlic Sauce Zesty Green Peas & Squash Savoury Roast Potato	Ravioli Provencale Zesty Green Peas & Squash Savoury Roast Potato	Tuna Sandwich in Multi-Cereal Bread	Russian Salad	Fruity Mini Muffin
WEDNESDAY 15/11/2017	Bow Tie Pasta with Sundried Tomato and Turkey Sliced Carrots Ala Camille	Bow Tie Pasta with Sundried Tomato Sliced Carrots Ala Camille	Turkey with Iceberg Lettuce in Chapatti Bread	Rocca & Sweet Corn Salad	Mango Pudding
THURSDAY 16/11/2017	Chicken Dumplings Boiled Carrot Sticks and Peas Tomato Rice	Vegetable Dumplings Boiled Carrot Sticks and Peas Tomato Rice	Oriental Chicken Salad	Aegean Summer Salad	Baked Cinnamon Apples

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

WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 19/11/2017	Beef Stew with Baby Corn & Mushrooms Sauté Mixed Pumpkin & Green Peas Twice Baked Potato	Vegetable Stew with Baby Corn & Mushrooms Sauté Mixed Pumpkin & Snow Peas Twice Baked Potato	Roast Beef Sandwich in Brown Bread	Asian Coleslaw Salad	Fruit Yoghurt
MONDAY 20/11/2017	Asian Barbeque Chicken Steamed Sweet Corn & Carrots Vegetable Rice	Vegetable Cacciatore Steamed Sweet Corn & Carrots Vegetable Rice	Beef Salad with Grilled Pepper and Mushroom	Italian Broccoli & Pasta Salad	Orange Smiley
TUESDAY 21/11/2017	Fish Ala Portuguese Steamed Sweet Corn & Green Peas Rosemary Roast Potato	Mixed Vegetable Manchurian Steamed Sweet Corn & Green Peas Rosemary Roast Potato	Chicken Fajita in Tortilla Roll	Vegetable Fajita Wrap	Diced Pineapple
WEDNESDAY 22/11/2017	Pasta Shells with Grilled Chicken Sliced Carrots Ala Camille	Pasta Shells with Grilled Vegetables Sliced Carrots Ala Camille	Tuna Chef Salad	Pasta salad with Artichoke	Profiterole (Custard)
THURSDAY 23/11/2017	Balsamic Grilled Chicken with Orange Rosemary Sauce Sauté Cut Green Beans & Sweet Corn Minted Potato	Balsamic Grilled Vegetables with Orange Rosemary Sauce Sauté Cut Green Beans & Sweet Corn Minted Potato	Turkey Panini Sandwich	Iceberg Sweetcorn and Orange Salad	Carrot Cake

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

WEEK 5	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 26/11/2017	Beef in Hong Kong Style Sauté Cabbage and Red Pumpkin Lemon Rice	Vegetable Fajitas with Tofu Sauté Cabbage and Red Pumpkin Lemon Rice	Chicken Tandoori Salad	Four Beans Salad	Fruit Yoghurt
MONDAY 27/11/2017	Chicken Fricasse Sauté Peas and Carrots Baked Croquette Potato	Vegetarian Fricasse Sauté Peas and Carrots Baked Croquette Potato	Omelette in Tortilla Bread	Panini Sandwich in Whole Wheat Roll	Banana Pudding
TUESDAY 28/11/2017	Grilled Fish with Green Peas Puree Assorted Grilled Vegetables Saffron Rice	Grandmas Vegetable Casserole Assorted Grilled Vegetables Saffron Rice	Beef Salad with Grilled Pepper and Mushrooms	Rainbow Salad	Summer Fruit Trifle
WEDNESDAY 29/11/2017	Pasta Casserole with Turkey, Vegetables and Cheese Honey Glazed Beetroot and Carrots	Pasta Casserole with Vegetables and Cheese Honey Glazed Beetroot and Carrots	Tuna Sandwich in Multi Cereal Bread	Rocca and Sweetcorn Salad	Mouhalabieh
THURSDAY 30/11/2017	Chicken Steak with Dried Fig Sauce Steamed Sweetcorn and Green Peas Lemon and Parsley Potato	Vegetable Steak with Dried Fig Sauce Steamed Sweetcorn and Green Peas Lemon and Parsley Potato	Grilled Chicken Wrap	Lentil Salad	Fruit Custard

LUNCH MENU FOR THE MONTH OF NOVEMBER 2017

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Wed 01.11.17	<b>Half Term Break</b>								
Thu 02.11.17	<b>Half Term Break</b>								

## LUNCH MENU FOR THE MONTH OF NOVEMBER 2017

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 05.11.17	Roasted Pumpkin Soup		Steamed Vegetables	Lasagna Al Forno	Beef Stroganoff	Chicken Teriyaki	Fish Biryani	Mashed Apple and Potato	White Rice
			Harra Chana Masala						
Mon 06.11.17	Potato, Onion and Leek Soup	Chicken Satay (Nut Free)	Grilled Vegetables	Pasta Alfredo with Sundried Tomato and Veggies	Lamb Tagine with Apricot		Fish Steak Layer with Eggplant, Tomato & Cinnamon	Sautéed Potato with Onion and Garlic	White Rice
			Vegetable Do Pyaza						Vermicelli Rice
Tue 07.11.17	Tomato Rasam Soup	Iranian Grilled Fish with Saffron Sauce	Steamed Vegetables	Shell Pasta Primavera	Beef Irish Stew	Chicken Machboos	<u>Tuesday's Wrap Up</u> <b>Chicken Fajita Wrap</b>	Anna Potato	White Rice
			Avial						
Wed 08.11.17	Lentil and Spinach Soup	Grilled Fish with Creole Sauce	Grilled Vegetables	Sicilian Pasta	Roast Beef with Home Made Gravy	Butter Chicken		Champ Potato	White Rice
			Aloo Karela						Mushroom Rice
Thu 09.11.17	Broccoli Soup		Steamed Vegetables	Pasta Moong Bolonese	Beef Bourguignon	Chicken Biryani (Boneless)	Mediterranean Baked Fish in Tomato Sauce	Baked Croquette Potato	White Rice
			Gobi Manchurian						

## LUNCH MENU FOR THE MONTH OF NOVEMBER 2017

Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 12.11.17	Zucchini and Dill Soup		Steamed Vegetables	Lasagna Al Forno	Ginger Beef Peking Style	Chicken Supreme	Samak Machboos	Sautéed Potato with Onion and Garlic	White Rice
			Aloo Bhindi Masala						
Mon 13.11.17	Thai Style Pumpkin Soup	Grilled Fish with Asparagus Sauce	Grilled Vegetables	Penne Al Fredo	Sheikh Al Mashi	Butter Chicken		Lyonnais Potato	White Rice
			Dahi Pakoda						Vermicelli Rice
Tue 14.11.17	Provençal Soup	Grilled Fish Fillet with Dill	Steamed Vegetables	Spaghetti Bolognese	American Meatballs with Red Sauce	Chicken Escalope	<u>Tuesday's Wrap Up</u> Chicken Tikka Wrap	Greek Style Roast Potato	White Rice
Wed 15.11.17	Egg Drop Soup	Grilled Fish Fillet with Capers Sauce	Steamed Vegetables	Penne Ala Mexican	Beef Steak with Puttanesca Sauce	Chicken Salona Local Style		Coriander Roast Potato	White Rice
			Aloo Rajma Masala						Vermicelli Rice
Thu 16.11.17	Cauliflower Soup		Steamed Vegetables	Grilled Vegetable and Pasta Baked	Doud Basha	Chicken Tikka Biryani (Boneless)	Fish Mango Curry	Smiley Potato	White Rice
			Shahi Korma						

## LUNCH MENU FOR THE MONTH OF NOVEMBER 2017

Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 19.11.17	Harira Soup		Steamed Vegetables	Lasagna Al Forno	Stuffed Vine Leaves and Marrow	Chicken Kabsa	Sweet and Sour Fish	Rosemary Roast Potato	White Rice
			Cauliflower Tomato Masala						
Mon 20.11.17	Celery and Fuji Apple Soup	Grilled Beef with Barbeque Sauce	Grilled Vegetables	Pasta Milanese		Chicken Makhanwala	Jamaican Brown Fish Stew	Coriander Roast Potato	White Rice
			Paneer Mushroom Kolapuri						Peas Pilaf Rice
Tue 21.11.17	Asparagus Soup	<u>Tuesday's Wrap Up</u> Grilled Chicken Wrap	Steamed Vegetables	Baked Macaroni Bolognese	Italian Meatballs in Tomato Sauce	Butter Chicken	Herb Crusted Fish Carrot Sauce	Potato Milanese	White Rice
			Aloo Beans Bhaji						
Wed 22.11.17	Macaroni Chicken Soup	Grilled Chicken with Rosemary Sauce	Grilled Vegetables	Pasta with Creamy Honey Basil Sauce	Beef Vindaloo		Kung Pao Fish Fillet	Balsamic Roast Potato Wedges	White Rice
			Dahi Curry						Lemon Rice
Thu 23.11.17	Sweetcorn Soup		Steamed Vegetables	Baked Pasta with Roasted Pumpkin and Ricotta	Chinese Pepper Steak	Chicken Biryani (Boneless)	Kung Pao Fish Fillet	Harra Potato	White Rice
			Bhaingan Chole Masala						

## LUNCH MENU FOR THE MONTH OF NOVEMBER 2017

Week 5	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 26.11.17	Minestrone Soup	Grilled Fish Meuniere	Steamed Vegetables	Lasagna Al Forno	Lamb Biryani (Boneless)	Chicken Ala King		Oven Baked Potato Wedges	White Rice
			Vegetable Korma						
Mon 27.11.17	Chicken Cilantro Lime Soup	Grilled Fish with Chives Sauce	Grilled Vegetables	Chicken Lo Mein Linguine Pasta	Hong Kong Style Beef	Butter Chicken		Lyonnais Potato	White Rice
			Tendly Chana Masala						Tomato Rice
Tue 28.11.17	Butternut Squash Soup	<u>Tuesday's Wrap Up</u> Grilled Shawarma Wrap	Steamed Vegetables	Pasta in Pink Sauce with Asparagus and Artichoke	Stir Fry Beef with Broccoli	Chicken Florentine	Baked Fish with Parsley Sauce	Lemon and Parsley Potato	White Rice
			Fasouliah Bil Zeit						
Wed 29.11.17	Mexican Beans Soup		Grilled Vegetables	Shell Pasta Alla Ortolano	Lamb and Potato Stew	Chicken Biryani (Boneless)	Samak Harra	Twice Baked Potato	White Rice
			Paneer Jalfrezi						
Wed 30.11.17	<b>UAE Marty's Day</b>								