



**RAFFLES NURSERY  
LUNCH BOX MENU FOR THE MONTH OF MARCH 2018**

<b>WEEK 1</b>	<b>MAIN COURSE</b>	<b>VEGETABLES</b>	<b>RICE/POTATO</b>	<b>DESSERT</b>
<b>SUNDAY</b>				
<b>MONDAY</b>				
<b>TUESDAY</b>				
<b>WEDNESDAY</b>				
<b>THURSDAY 01.03.18</b>	Baked Chicken Balls with Sweet and Sour Sauce	Boiled Carrots and Peas	White Rice	Diced Pineapple



**RAFFLES NURSERY  
LUNCH BOX MENU FOR THE MONTH OF MARCH 2018**

<b>WEEK 2</b>	<b>MAIN COURSE</b>	<b>VEGETABLES</b>	<b>RICE/POTATO</b>	<b>DESSERT</b>
<b>SUNDAY 04.03.18</b>	Tiny Beef Burger with Mushroom Sauce	Roasted Turnip and Carrots	Mashed Potato	Fruit Yoghurt
<b>MONDAY 05.03.18</b>	Chicken Ala King	Sauté Peas and Pumpkin	Tomato Rice	Sweet Melon
<b>TUESDAY 06.03.18</b>	Kung Pao Fish Balls	Boiled Carrots and Corn	Sumac Roasted Potato	Profiterole Custard
<b>WEDNESDAY 07.03.18</b>	Shell Pasta with Turkey & Napolitano Sauce	Roasted Vegetable Medley		Fresh Watermelon Cubes
<b>THURSDAY 08.03.18</b>	Grilled Chicken with Rosemary Sauce	Green Beans and Mushroom Medley	Brown Rice	Carrot Cake without Cream



**RAFFLES NURSERY  
LUNCH BOX MENU FOR THE MONTH OF MARCH 2018**

<b>WEEK 3</b>	<b>MAIN COURSE</b>	<b>VEGETABLES</b>	<b>RICE/POTATO</b>	<b>DESSERT</b>
<b>SUNDAY 11.03.18</b>	Beef Steak with Homemade Tomato Sauce	Sauté Corn and Green Peas	Smiley Potato	Fruit Yoghurt
<b>MONDAY 12.03.18</b>	Balsamic Grilled Chicken with Orange Rosemary Sauce	Winter Garden Vegetables	Pulao Rice	Banana Oats Pudding
<b>TUESDAY 13.03.18</b>	Salmon Balls with Teriyaki Sauce	Steamed Cut Green Beans and Red Pumpkin	Lemon and Parsley Potato	Fruit Salad
<b>WEDNESDAY 14.03.18</b>	Greek Style Mini Pasta with Vegetables and Turkey	Assorted Grilled Vegetables		
<b>THURSDAY 15.03.18</b>	Chicken Korma	Sauté Carrot Cubes and Parsnips	White Rice	Orange Smiley



**RAFFLES NURSERY  
LUNCH BOX MENU FOR THE MONTH OF MARCH 2018**

WEEK 4	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
<b>SUNDAY 18.03.18</b>	<b>Parents and Teachers Conference</b>			
<b>MONDAY 19.03.18</b>	Fish Cake with Sweet Pepper sauce	Carrots in Dill	Lemon Rice	Apple Crumble
<b>TUESDAY 20.03.18</b>	Chicken Supreme	Roasted Vegetables Medley	Baked Potato Croquette	Fruit Trifle with Custard
<b>WEDNESDAY 21.03.18</b>	Homemade Macaroni Pasta with Turkey and Vegetables	Honey Glazed Beetroots and Carrots		Mango Pudding
<b>THURSDAY 22.03.18</b>	Chicken Biryani	Vegetable Makhanwala		Low-Fat Plain Yoghurt



**RAFFLES NURSERY  
LUNCH BOX MENU FOR THE MONTH OF MARCH 2018**

<b>WEEK 5</b>	<b>MAIN COURSE</b>	<b>VEGETABLES</b>	<b>RICE/POTATO</b>	<b>DESSERT</b>
<b>SUNDAY 25.03.18</b>	Hungarian Beef Goulash	Steamed Carrot Cubes and Turnips	Hungarian Paprika Potato	Fruit Yoghurt
<b>MONDAY 26.03.18</b>	Chicken Salona Local Style	Green Beans and Mushroom Medley	White Rice	Mouhalabieh
<b>TUESDAY 27.03.18</b>	Fish Ala Portuguese	Zesty Snow Peas and Squash	Baked Croquette Potato	Fruity Mini Muffin
<b>WEDNESDAY 28.03.18</b>	Pasta Formaggio with Turkey & Three Herbs	Assorted Grilled Vegetables		Rock Melon Cubes
<b>THURSDAY 29.03.18</b>	Chicken Machboos	Vegetable Cacciatore		Low-Fat Plain Yoghurt

**RAFFLES NURSERY  
VEGETARIAN LUNCH BOX FOR MARCH 2018**

DAY	WEEK 1 01.03.18	WEEK 2 04-08.03.18	WEEK 3 11-15.03.18	WEEK 4 18-22.03.18	WEEK 5 25-29.03.18
<b>SUNDAY</b>		Vegetable Burger with Mushroom Sauce Roasted Turnip and Carrots Mashed Potato	Italian Vegetables Smiley Potato Sautéed Corn and Green Peas	<b>Parents and Teachers Conference</b>	Anti Pasti Ragout Steamed Carrot Cubes and Turnips Hungarian Paprika Potato
<b>MONDAY</b>		Vegetable Ala King Saute Peas and Pumpkin Tomato Rice	Vegetable Au Gratin Pulao Rice Winter Garden Vegetables	Butter Beans Stew Lemon Rice Carrots in Dill	Vegetable Salona Green Beans and Mushroom Medley White Rice
<b>TUESDAY</b>		Chinese Vegetable Stir Fry Sumac Roasted Potato Boiled Carrots and Corn	Vegetable Manchurian Lemon and Parsley Potato Steamed Cut Green Beans and Red Pumpkin	Vegetable Supreme Baked Croquette Potato Roasted Vegetable Medley	Vegetable Ala Portuguese Zesty Snow Peas and Squash Baked Croquette Potato
<b>WEDNESDAY</b>		Shell Pasta with Vegetables & Napolitana Sauce Roasted Vegetable Medley	Greek Style Mini Pasta with Vegetables Assorted Grilled Vegetables	Homemade Macaroni Pasta with Vegetables Honey Glazed Beetroots and Carrots	Pasta Formaggio with Vegetables & Three Herbs Assorted Grilled Vegetables
<b>THURSDAY</b>	Baked Vegetable Balls with Sweet & Sour Sauce Boiled Carrots and Peas White Rice	Ragu with Vegetables Brown Rice Green Beans and Mushroom Medley	Vegetable Korma White Rice Sautéed Carrot Cubes and Parsnips	Vegetable Biryani Vegetable Makhanwala	Vegetable Machboos Vegetable Cacciatore

ABELA&CO



**RAFFLES**  
NURSERY

**RAFFLES INTERNATIONAL SCHOOL FS2 & YEAR 1, YEAR 2 & 3  
LUNCH BOX MENU FOR THE MONTH OF MARCH 2018**

<b>WEEK 1</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</b>					
<b>MONDAY</b>					
<b>TUESDAY</b>					
<b>WEDNESDAY</b>					
<b>THURSDAY 01.03.18</b>	Baked Chicken Balls with Sweet & Sour Sauce Boiled Carrots and Peas White Rice	Baked Vegetable Balls with Sweet & Sour Sauce Boiled Carrots and Peas White Rice	Grilled Chicken Wrap	Vegetable Tikka Sandwich	Diced Pineapple



## RAFFLES INTERNATIONAL SCHOOL FS2 & YEAR 1, YEAR 2 & 3 LUNCH BOX MENU FOR THE MONTH OF MARCH 2018

WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 04.03.18	Tiny Beef Burger with Mushroom Sauce Roasted Turnip and Carrots Mashed Potato	Vegetable Burger with Mushroom Sauce Roasted Turnip and Carrots Mashed Potato	Beef Salad with Grilled Pepper and Mushrooms	Grilled Vegetable & Feta Crumbled Panini	Fruit Yoghurt
MONDAY 05.03.18	Chicken Ala King Sauté Peas and Pumpkin Tomato Rice	Vegetable Ala King Sauté Peas and Pumpkin Tomato Rice	Chicken Tikka with Cucumber Wrap	Mango Paneer Sandwich	Sweet Melon
TUESDAY 06.03.18	Kung Pao Fish Balls Sumac Roasted Potato Boiled Carrots and Corn	Chinese Vegetable Stir Fry Sumac Roasted Potato Boiled Carrots and Corn	Tuna Sandwich in Whole Wheat Roll	Aegean Summer Salad	Profiterole Custard
WEDNESDAY 07.03.18	Shell Pasta with Turkey & Napolitana Sauce Roasted Vegetable Medley	Shell Pasta with Vegetables & Napolitana Sauce Roasted Vegetable Medley	Turkey & Cranberry in Ciabatta Bread	Green Vegetable Salad	Fresh Watermelon Cubes
THURSDAY 08.03.18	Grilled Chicken with Rosemary Sauce Brown Rice Green Beans and Mushroom Medley	Ragu with Vegetables Brown Rice Green Beans and Mushroom Medley	Chicken Hawaiian Salad	Halloumi Cheese Sandwich	Carrot Cake without Cream

## RAFFLES INTERNATIONAL SCHOOL FS2 & YEAR 1, YEAR 2 & 3 LUNCH BOX MENU FOR THE MONTH OF MARCH 2018

WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 11.03.18	Beef Steak with Homemade Tomato Sauce Smiley Potato Sautéed Corn and Green Peas	Italian Vegetables Smiley Potato Sautéed Corn and Green Peas	Roast Beef Sandwich in Brown Bread	Fattouch	Fruit Yoghurt
MONDAY 12.03.18	Balsamic Grilled Chicken with Orange Rosemary Sauce Pulao Rice Winter Garden Vegetables	Vegetable Au Gratin Pulao Rice Winter Garden Vegetables	Tandoori Chicken Salad	Vegetable Fajitas	Banana and Oats Pudding
TUESDAY 13.03.18	Salmon Balls with Teriyaki Sauce Lemon and Parsley Potato Steamed Cut Green Beans and Red Pumpkin	Vegetable Manchurian Lemon and Parsley Potato Steamed Cut Green Beans and Red Pumpkin	Tuna Wrap Sandwich	Asian Coleslaw Salad	Fruit Salad
WEDNESDAY 14.03.18	Greek Style Mini Pasta with Vegetables and Turkey Assorted Grilled Vegetables	Greek Style Mini Pasta with Vegetables Assorted Grilled Vegetables	Turkey with Iceberg Lettuce in Chappati Bread	Cheese and Tomato Sandwich	Mouhalabieh
THURSDAY 15.03.18	Chicken Korma White Rice Sautéed Carrot Cubes and Parsnips	Vegetable Korma White Rice Sautéed Carrot Cubes and Parsnips	Chicken Caesar Salad	Spinach Chickpea and Mushroom Salad	Orange Smiley

## RAFFLES INTERNATIONAL SCHOOL FS2 & YEAR 1, YEAR 2 & 3 LUNCH BOX MENU FOR THE MONTH OF MARCH 2018

WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 18.03.18	Beef Stroganoff Chives Mashed Potato Boiled Green Peas and Sweet Corn	Mushroom Stroganoff Chives Mashed Potato Boiled Green Peas and Sweet Corn	Beef Fajita in Tortilla Roll	Vegetable Fajita in Tortilla Roll	Fruit Yoghurt
MONDAY 19.03.18	Fish Cake with Sweet Pepper sauce Lemon Rice Carrots in Dill	Butter Beans Stew Lemon Rice Carrots in Dill	Tuna Nicoise Salad	Pasta Salad with Artichoke	Apple Crumble
TUESDAY 20.03.18	Chicken Supreme Baked Croquette Potato Roasted Vegetable Medley	Vegetable Supreme Baked Croquette Potato Roasted Vegetable Medley	Roast Chicken with Guacamole in Baguette	Grilled Vegetable and Feta Crumble Panini	Fruit Trifle with Custard
WEDNESDAY 21.03.18	Homemade Macaroni Pasta with Turkey and Vegetables Honey Glazed Beetroots and Carrots	Homemade Macaroni Pasta with Vegetables Honey Glazed Beetroots and Carrots	Turkey and Cranberry in Ciabatta Bread	Greek Salad	Mango Pudding
THURSDAY 22.03.18	Chicken Biryani Vegetable Makhanwala	Vegetable Biryani Vegetable Makhanwala	Grilled Chicken Wrap	Russian Salad	Low-Fat Plain Yoghurt

RAFFLES INTERNATIONAL SCHOOL FS2 & YEAR 1, YEAR 2 & 3  
LUNCH BOX MENU FOR THE MONTH OF MARCH 2018

WEEK 5	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 25.03.18	<b>SPRING BREAK</b>				
MONDAY 26.03.18	<b>SPRING BREAK</b>				
TUESDAY 27.03.18	<b>SPRING BREAK</b>				
WEDNESDAY 28.03.18	<b>SPRING BREAK</b>				
THURSDAY 29.03.18	<b>SPRING BREAK</b>				

## LUNCH MENU FOR THE MONTH OF MARCH 2018

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
<b>Thu 01.03.18</b>	Sweetcorn Soup		Steamed Vegetables Bhaingan Chole Masala	Baked Pasta with Roasted Pumpkin and Ricotta	Beef Steak with Pepper Sauce	Chicken Biryani (Boneless)	Kung Pao Fish Fillet	Harra Potato	White Rice

## LUNCH MENU FOR THE MONTH OF MARCH 2018

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 04.03.18	Zucchini and Dill Soup		Steamed Vegetables	Lasagna Al Forno	Beef Stroganoff	Chicken Supreme	Samak Machboos	Mashed Potato	White Rice
			Aloo Bhindi Masala						
Mon 05.03.18	Broccoli 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 06.03.18	Pumpkin and New England Soup	<u>Tuesday's Wrap Up</u> Grilled Chicken Wrap	Steamed Vegetables	Rigatoni Primavera	Chili Con Carne	Chicken Korma	Fish Steak Layer with Eggplant, Tomato & Cinnamon	Oven Baked Potato Wedges	White Rice
Wed 07.03.18	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 08.03.18	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
			Aloo Gobi Masala						

## LUNCH MENU FOR THE MONTH OF MARCH 2018

Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 11.03.18	Red Cabbage and Apple Soup		Steamed Vegetables	Lasagna Al Forno	Stuffed Vine Leaves and Marrow	Chicken Marengo	Fish Biryani	Coriander Roast Potato	White Rice
			Cauliflower Tomato Masala						
Mon 12.03.18	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 13.03.18	Tomato Rasam Soup	Iranian Grilled Fish with Saffron Sauce	Steamed Vegetables	Shell Pasta Primavera	Beef Irish Stew	Chicken Mackloubeh	<u>Tuesday's Wrap Up</u> Chicken Fajita Wrap	Anna Potato	White Rice
			Vegetable Do Pyaza						
Wed 14.03.18	Macaroni Chicken Soup	Grilled Chicken with Rosemary Sauce	Grilled Vegetables	Pasta with Creamy Honey Basil Sauce	Doud Basha		Herb Crusted Fish Carrot Sauce	Balsamic Roast Potato Wedges	White Rice
			Dahi Curry						Lemon Rice
Thu 15.03.18	Cauliflower Soup		Steamed Vegetables	Grilled Vegetable and Pasta Baked	Beef Paprika with Roasted Pepper	Chicken Biryani (Boneless)	Fish Mango Curry	Smiley Potato	White Rice
			Vegetable Salona						

## LUNCH MENU FOR THE MONTH OF MARCH 2018

Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 18.03.18	Minestrone Soup	Grilled Fish Meuniere	Steamed Vegetables	Lasagna Al Forno	Lamb Biryani (Boneless)	Chicken Ala King		Oven Baked Potato Wedges	White Rice
			Navratan Korma						
Mon 19.03.18	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 20.03.18	Butternut Squash Soup	<u>Tuesday's Wrap Up</u> Chicken Tikka Wrap	Steamed Vegetables	Baked Macaroni Bolognese	Italian Meatballs in Tomato Sauce	Chicken Kabsa	Herb Crusted Fish Carrot Sauce	Potato Milanese	White Rice
Wed 21.03.18	Mexican Beans Soup		Grilled Vegetables	Pasta Arabiatta	Hungarian Beef Goulash	Chicken Florentine	Fish Tikka Masala	Anna Potato	White Rice
			Aloo Kaddu Curry						Mushroom Rice
Thu 22.03.18	Parsnip Soup		Steamed Vegetables	Lasagna Verde	Stir Fry Beef with Broccoli	Chicken Tikka Biryani (Boneless)	Arabic Style Fish Kebab	Baked Croquette Potato	White Rice
			Lahori Tendli Channa						



LUNCH MENU FOR THE MONTH OF MARCH 2018

Week 5	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 25.03.18	<h1>SPRING BREAK</h1>								
Mon 26.03.18									
Tue 27.03.18									
Wed 28.03.18									
Thu 29.03.18									