

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

WEEK 1	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY				
MONDAY				
TUESDAY 01.05.2018	Kung Pao Fish Balls	Buttered Sweetcorn and Peas	Sumak Roasted Potato	Rock Melon Sticks
WEDNESDAY 02.05.2018	Mini Pasta Arabiatta with Turkey	Zesty Parsnip and Squash		Lemon Pie
THURSDAY 03.05.2018	Mongolian Style Chicken	Sauté Peas and Carrot Sticks	Jasmine Rice	Jasmine Rice

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

WEEK 2	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY 06.05.2018	Roast Beef with Homemade Gravy	Assorted Grilled Vegetable	Mashed Potato	Fruit Yoghurt
MONDAY 07.05.2018	Chicken Ala King	Sauté Cut Green Beans and Carrots	Mushroom Rice	Banana Custard
TUESDAY 08.05.2018	Fish Cake with Sweet Pepper Sauce	Zesty Green Peas & Squash	Savoury Roast Potato	Fruity Mini Muffin
WEDNESDAY 09.05.2018	Bow Tie Pasta with Sundried Tomato and Turkey	Sliced Carrots Ala Camille		Mango Pudding
THURSDAY 10.05.2018	Chicken Dumplings	Boiled Carrot Sticks and Peas	Tomato Rice	Baked Cinnamon Apples

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LUNCH BOX MENU FOR THE MONTH OF May 2018**

WEEK 3	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY 13.05.2018	Chicken Molokhia	Steamed Carrot Cubes and Sweet Corn	Saffron Rice	Fruit Yoghurt
MONDAY 14.05.2018	Beef with Baby Onion & Mushroom	Boiled Green Peas	Mashed Potato	Carrot Cake
TUESDAY 15.05.2018	Salmon Balls with Lemon Dill Sauce	Roasted Beetroots and Turnips	Vermicelli Rice	Diced Pineapple
WEDNESDAY 16.05.2018	Pasta Casserole with Turkey, Vegetables & Cheese	Assorted Grilled Vegetables		Custard
THURSDAY 17.05.2018	Chinese Roast Chicken Stripes	Steamed Sweet Corn and Green Peas	White Rice	Rock Melon Sticks

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

WEEK 4	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY 20.05.2018	Beef Stew with Baby Corn & Mushrooms	Sauté Mixed Pumpkin & Green Peas	Twice Baked Potato	Fruit Yoghurt
MONDAY 21.05.2018	Asian Barbeque Chicken	Steamed Sweet Corn & Carrots	Vegetable Rice	Orange Smiley
TUESDAY 22.05.2018	Tuna Balls with Roasted Pepper Sauce	Steamed Sweet Corn & Green Peas	Rosemary Roast Potato	Diced Pineapple
WEDNESDAY 23.05.2018	Pasta Shells with Grilled Chicken	Sliced Carrots Ala Camille		Profiterole (Custard)
THURSDAY 24.05.2018	Balsamic Grilled Chicken with Orange Rosemary Sauce	Sauté Cut Green Beans & Sweet Corn	Minted Potato	Carrot Cake

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

WEEK 5	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY 27.05.2018	Beef in Hong Kong Style	Sauté Cabbage and Red Pumpkin	Lemon Rice	Fruit Yoghurt
MONDAY 28.05.2018	Chicken Fricasse	Sauté Peas and Carrots	Baked Croquette Potato	Banana Pudding
TUESDAY 29.05.2018	Fish Balls with Red Pepper Sauce	Assorted Grilled Vegetables	Saffron Rice	Summer Fruit Trifle
WEDNESDAY 30.05.2018	Shell Pasta with Minced Meat in Bechamel Sauce	Assorted Grilled Vegetables		Fresh Watermelon Cubes
THURSDAY 31.05.2018	Chicken Steak with Dried Fig Sauce	Steamed Sweetcorn and Green Peas	Lemon and Parsley Potato	Fruit Custard

DAY	WEEK 1 01-03.05.18	WEEK 2 06-10.05.18	WEEK 3 13-17.05.18	WEEK 4 20-24.05.18	WEEK 5 27-31.05.18
SUNDAY		Mini Vegetable Patties in Onion Gravy Assorted Grilled Vegetable Mashed Potato Fruit Yoghurt	Saffron Rice Vegetable Ragout Steamed Carrot Cubes and Sweet Corn Fruit Yoghurt	Vegetable Stew with Baby Corn & Mushrooms Sauté Mixed Pumpkin & Snow Peas Twice Baked Potato Fruit Yoghurt	Vegetable Fajitas with Tofu Sauté Cabbage and Red Pumpkin Lemon Rice Fruit Yoghurt
MONDAY		Vegetable Ala King Sauté Cut Green Beans and Carrots Mushroom Rice Banana Custard	Mashed Potato Vegetable Patties in Onion & Mushroom Gravy Boiled Green Peas Carrot Cake	Vegetable Cacciatore Steamed Sweet Corn & Carrots Vegetable Rice Orange Smiley	Vegetarian Fricasse Sauté Peas and Carrots Baked Croquette Potato Banana Pudding
TUESDAY	Vegetable Ala King Buttered Sweetcorn and Peas Sumak Roasted Potato Rock Melon Sticks	Ravioli Provencale Zesty Green Peas & Squash Savoury Roast Potato Fruity Mini Muffin	Vermicelli Rice Vegetable Makhani Roasted Beetroots and Turnips Diced Pineapple	Mixed Vegetable Manchurian Steamed Sweet Corn & Green Peas Rosemary Roast Potato Diced Pineapple	Grandmas Vegetable Casserole Assorted Grilled Vegetables Saffron Rice Summer Fruit Trifle
WEDNESDAY	Mini Pasta Arabiatta with Vegetables Zesty Parsnip and Squash Lemon Pie	Bow Tie Pasta with Sundried Tomato Sliced Carrots Ala Camille Mango Pudding	Pasta Casserole with Vegetables & Cheese Assorted Grilled Vegetables Custard	Pasta Shells with Grilled Vegetables Sliced Carrots Ala Camille Profiterole (Custard)	Vegetarian Shell Pasta in Bechamel Sauce Assorted Grilled Vegetables Fresh Watermelon Cubes
THURSDAY	Vegetable Chopsuey Sauté Peas and Carrot Sticks Jasmine Rice Mixed Melon	Vegetable Dumplings Boiled Carrot Sticks and Peas Tomato Rice Baked Cinnamon Apples	Chinese Vegetable Stir-Fry Steamed Sweet Corn and Green Peas White Rice Rock Melon Sticks	Balsamic Grilled Vegetables with Orange Rosemary Sauce Sauté Cut Green Beans & 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 FS2 & YEAR 1, YEAR 2 & 3
LUNCH BOX MENU FOR THE MONTH OF MAY 2018**

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY					
MONDAY					
TUESDAY 01.05.2018	Kung Pao Fish Balls 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 02.05.2018	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 03.05.2018	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 FS2 & YEAR 1, YEAR 2 & 3
LUNCH BOX MENU FOR THE MONTH OF MAY 2018**

WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 06.05.2018	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 07.05.2018	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 08.05.2018	Fish Cake with Sweet Pepper 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 09.05.2018	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 10.05.2018	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 FS2 & YEAR 1, YEAR 2 & 3 LUNCH BOX MENU FOR THE MONTH OF MAY 2018

WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 13.05.2018	Saffron Rice Chicken Molokhia Steamed Carrot Cubes and Sweet Corn	Saffron Rice Vegetable Ragout Steamed Carrot Cubes and Sweet Corn	Omelette in Tortilla Roll	Beetroot & Apple Salad	Fruit Yoghurt
MONDAY 14.05.2018	Mashed Potato Beef with Baby Onion & Mushroom Boiled Green Peas	Mashed Potato Vegetable Patties in Onion & Mushroom Gravy Boiled Green Peas	Beef Hawaiian Salad	Grilled Vegetable & Feta Crumble Panini	Carrot Cake
TUESDAY 15.05.2018	Salmon Balls with Lemon Dill Sauce Vermicelli Rice Roasted Beetroots and Turnips	Vermicelli Rice Vegetable Makhani Roasted Beetroots and Turnips	Tuna Sandwich in Whole Wheat Roll	Fattouch	Diced Pineapple
WEDNESDAY 16.05.2018	Pasta Casserole with Turkey, Vegetables & Cheese Assorted Grilled Vegetables	Pasta Casserole with Vegetables & Cheese Assorted Grilled Vegetables	Turkey with Iceberg Lettuce in Chappati Bread	Cheese and Tomato Sandwich	Custard
THURSDAY 17.05.2018	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 FS2 & YEAR 1, YEAR 2 & 3 LUNCH BOX MENU FOR THE MONTH OF MAY 2018

WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 20.05.2018	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 21.05.2018	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 22.05.2018	Tuna Balls with Roasted Pepper Sauce 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 23.05.2018	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 24.05.2018	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 FS2 & YEAR 1, YEAR 2 & 3 LUNCH BOX MENU FOR THE MONTH OF MAY 2018

WEEK 5	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 27.05.2018	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 28.05.2018	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 29.05.2018	Fish Balls with Red Pepper Sauce Assorted Grilled Vegetables Saffron Rice	Grandmas Vegetable Casserole Assorted Grilled Vegetables Saffron Rice	Tuna Nicoise Salad	Rainbow Salad	Summer Fruit Trifle
WEDNESDAY 30.05.2018	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 31.05.2018	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 MAY 2018

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Tue 01.05.18	Tomato Rasam Soup	Iranian Grilled Fish with Saffron Sauce	Steamed Vegetables	Shell Pasta Primavera	Beef Irish Stew	Chicken Machboos	<u>Tues day 's Theme Station</u> "CHINESE"	Anna Potato	White Rice
			Avial						
Wed 02.05.18	Hot and Sour Chicken Soup	Grilled Steak with Barbeque Sauce	Grilled Vegetables	Farfalle Pasta with Turkey and Pink Sauce		Chicken Korma	Fish Tikka Masala	Creole Roast Potato	White Rice
			Grandma's Vegetable Casserole						Vegetable Rice
Thu 03.05.18	Cauliflower Soup	<u>Thurs day 's Pizza Day</u>	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 MAY 2018

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 06.05.18	Provencal Soup	<u>Sunday's Wrap Up</u>	Steamed Vegetables	Lasagna Al Forno	Stuffed Vine Leaves and Marrow	Chicken Kabsa	Sweet and Sour Fish	Roast Potato Wedges	White Rice
			Cauliflower Tomato Masala						
Mon 07.05.18	Lentil and Spinach Soup	Grilled Chicken with Cardinal Sauce	Grilled Vegetables	Shell Pasta with Turkey and Napolitana Sauce	Beef and Vegetable Stew	<u>Monday's Create your Own Pasta</u>	Cajun Fish with Tomato Salsa	Broccoli Potato	White Rice
			Paneer Mushroom Kolapuri						Lemon Rice
Tue 08.05.18	Italian Crock Pot Soup	<u>Tuesday's Theme Station "JAPANESE"</u>	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
			Lahori Tendli Channa						
Wed 09.05.18	Harira Soup	Arabic Mixed Grill	Grilled Vegetables	Pasta with Creamy Honey Basil Sauce		Chicken Teriyaki	Baked Fish with Tomato and Herbs Sauce	Lyonnais Potato	White Rice
			Shahi Korma						Saffron Rice
Thu 10.05.18	Broccoli Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Pasta Moong Bolonese	Lamb Salona with Dried Apricot and Prunes	Chicken Tikka Biryani (Boneless)	Mediterranean Baked Fish in Tomato Sauce	Parsley Potato	White Rice
			Aloo Beans Bhaji						

LUNCH MENU FOR THE MONTH OF MAY 2018

Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 13.05.18	Cream of Pea Soup	Grilled Fish Ala Greek	Steamed Vegetables	Lasagna Al Forno	Lamb and Potato Stew	Chicken Do Piazza	<u>Sunday's Wrap Up</u>	Coriander Roast Potato	White Rice
			Eggplant and Potato Curry						
Mon 14.05.18	Yellow Lentil Soup	Chinese Pepper Steak	Grilled Vegetables	Bowtie Pasta with Sundried Tomato and Turkey	<u>Mondays Create your Own Pasta</u>	Hawaiian Barbeque Chicken Balls	Samak Harra	Savory Roast Potato	White Rice
			Loubieh Bil Zeit						Vermicelli Rice
Tue 15.05.18	Mediterranean Tomato Soup	<u>Tuesday's Theme Station "INDIAN"</u>	Steamed Vegetables	Homemade Macaroni Pasta with Chicken and Vegetables	Stir Fry Beef with Broccoli	Chicken Kabsa	Californian Fish Stew	Anna Potato	White Rice
			Dahi Curry						
Wed 16.05.18 <i>(Ramadan)</i>	Chicken Cilantro Lime Soup	Grilled Fish with Chives Sauce	Grilled Vegetables	Pasta in Pink Sauce with Asparagus and Artichoke	Hong Kong Style Beef	Butter Chicken		Balsamic Roast Potato Wedges	White Rice
			Tendly Chana Masala						Tomato Rice
Thu 17.05.18	Indonesian Carrot Soup		Steamed Vegetables	Penne Pasta Ala Ratatouille	Kofta Kebab with Condiments	Chicken Biryani (Boneless)	Jamaican Brown Fish Stew	Twice Baked Potato	White Rice
			Aloo Gobi Masala						

LUNCH MENU FOR THE MONTH OF MAY 2018

Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 20.05.18	Leek and Potato Soup	Iranian Grilled Fish with Saffron Sauce	Steamed Vegetables	Lasagna Al Forno	Lamb Biryani	Chicken Ala King		Baked Potato	White Rice
			Shahi Korma						
Mon 21.05.18	Macaroni Chicken Soup	Grilled Chicken with Rosemary Sauce	Grilled Vegetables	Mini Pasta Arabiatta with Turkey	Italian Meatballs in Tomato Sauce		Kung Pao Fish Fillet	Harra Potato	White Rice
			Chole Palak						Mushroom Rice
Tue 22.05.18	Butternut Squash Soup	Beef Paprika with Roasted Pepper	Steamed Vegetables	Mini Penne Pasta Bolognese		Chicken Mandy with Tomato Sauce	Fish Steak Layer with Eggplant, Tomato & Cinnamon	Baked Croquette Potato	White Rice
			Vegetable Do Pyaza						
Wed 23.05.18	Mexican Beans Soup		Grilled Vegetables	Chicken Lo Mein Linguine Pasta	Hungarian Beef Goulash	Chicken Escalope	Sweet and Sour Fish	Anna Potato	White Rice
			Aloo Kaddu Curry						Brown Rice
Thu 24.05.18	Sweetcorn Soup	Grilled Fish Fillet with Capers Sauce	Steamed Vegetables	Baked Pasta with Roasted Pumpkin and Ricotta	Beef and Mushroom Pie	Chicken Tikka Biryani (Boneless)		Greek Style Roast Potato	White Rice
			Paneer Jalfrezi						

LUNCH MENU FOR THE MONTH OF MAY 2018

Week 5	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 27.05.18	Roasted Pumpkin Soup	Beef Steak with Puttanesca Sauce	Steamed Vegetables	Lasagna Al Forno		Chicken Supreme	Fish Biryani	Mashed Apple and Potato	White Rice
			Channa Masala						
Mon 28.05.18	Mushroom and Tofu Broth 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 29.05.18	Tomato and Basil Soup		Steamed Vegetables	Spaghetti Bolognese	Beef Vindaloo	Chicken Mackloubeh	Baked Fish with Dill and Taragon Sauce	Smiley Potato	White Rice
			Vegetable Salona						
Wed 30.05.18	Chicken and Mushroom Soup	Grilled Chicken Strips with Lemon and Pepper Sauce	Grilled Vegetables	Mini Pasta Arabiatta with Turkey	Healthy Beef Casserole		Fish Fillet with Garlic Sauce	Broccoli Potato	White Rice
			Beans and Red Pumpkin Curry						Tomato Rice
Thu 31.05.18	Parsnip Soup		Steamed Vegetables	Lasagna Verde	Stir Fry Beef with Vegetables	Chicken Biryani (Boneless)	Arabic Style Fish Kebab	Coriander Roast Potato	White Rice
			Aloo Bhindi Masala						