

RAFFLES SOUTH MONTESSORI VEGETARIAN LUNCH BOX FOR JUNE 2018

DAY	WEEK 1 03-07.06.2018	WEEK 2 10-14.06.2018	WEEK 3 17-21.06.2018	WEEK 4 24-28.06.2018
SUNDAY	Chinese Vegetable Stir-Fry Steamed Sweet Corn and Green Peas Nasi Goreng (Vegs.) Fruit Yoghurt	Vegetable Cacciatore Sauté Sweet Corn and Green Peas Peas Pilaf Rice Fruit Yoghurt	EID AL FITR	Mini Vegetable Patties in Onion Gravy Assorted Grilled Vegetable Brown Rice Fruit Yoghurt
MONDAY	Vegetable Cutlets in Tomato Sauce Steamed Carrots and Cut Beans Garlic Rose Mary Potato Vanilla Custard	Paneer Mushroom with Light Curry Sauce Teriyaki Green Beans and Carrots Oriental Rice Banana Custard	Roasted Pumpkin Cannelloni Assorted Grilled Vegetables Kashmiri Pulao Fruit Yoghurt	Spinach Dumpling with Tomato Sweet Pepper Sauce Sauté Cut Green Beans and Carrots Mushroom Rice Orange Custard
TUESDAY	Vegetable Ratatouille Mushroom Rice Roasted Beetroot and Carrots Orange Smiley	Mixed Vegetable Manchurian Sauté Mixed Pumpkin and Snow Peas Balsamic Roast Potato with Wedges Fruity Mini Muffin	Mixed Vegetable Manchurian Steamed Sweet Corn & Green Peas Rosemary Roast Potato Summer Fruit Trifle	Vegetable Stew with Baby Corn & Mushrooms Zesty Snow Peas & Squash Baked Croquette Potato Fruity Mini Muffin
WEDNESDAY	Greek Style Mini Pasta with Roasted Vegetables Assorted Grilled Vegetables Fruit Salad	Mini Pasta with Vegetable Meatballs in Tomato Sauce Sliced Carrots Ala Camille Diced Pineapple	Farfalle Pasta with Vegetables in Pink Sauce Sliced Carrots Ala Camille Mixed Melon Cubes	Pasta Formaggio with Vegetables and Three Herbs Sliced Carrots Ala Camille Mouhalabieh
THURSDAY	Vegetable Chopsuey Sauté Peas and Carrot Sticks Jasmine Rice Fruit Custard	EID AL FITR	Balsamic Grilled Vegetables with Orange Rosemary Sauce Sauté Cut Green Beans & Sweet Corn Mexican Rice Strawberry Custard	Vegetable Makhanwala Boiled Carrot Sticks and Peas White Rice Baked Cinnamon Apples

**RAFFLES SOUTH MONTESSORI
LUNCH BOX MENU FOR THE MONTH OF JUNE 2018**

WEEK 1	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY 03.06.2018	Chinese Roast Chicken Cubes	Steamed Sweet Corn and Green Peas	Nasi Goreng (Vegetable)	Fruit Yoghurt
MONDAY 04.06.2018	Fish Cake with Sweet Pepper Sauce	Steamed Carrots and Cut Beans	Garlic Rosemary Potato	Vanilla Custard
TUESDAY 05.06.2018	Grilled Beef Strips with Assorted Pepper Sauce	Roasted Beetroot and Carrots	Mushroom Rice	Orange Smiley
WEDNESDAY 06.06.2018	Greek Style Mini Pasta with Vegetable and Turkey	Assorted Grilled Vegetables		Fruit Salad
THURSDAY 07.06.2018	Mongolian Style Chicken	Sauté Peas and Carrot Sticks	Jasmine Rice	Fruit Custard

**RAFFLES SOUTH MONTESSORI
LUNCH BOX MENU FOR THE MONTH OF JUNE 2018**

WEEK 2	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY 10.06.2018	Chicken Cacciatore	Sauté Sweet Corn and Green Peas	Peas Pilaf Rice	Fruit Yoghurt
MONDAY 11.06.2018	Sweet and Sour Fish Teriyaki	Green Beans and Carrots	Oriental Rice	Banana Custard
TUESDAY 12.06.2018	Beef Steak with Puttanesca Sauce	Sauté Mixed Pumpkin and Snow Peas	Balsamic Roast Potato with Wedges	Fruity Mini Muffin
WEDNESDAY 13.06.2018	Mini Pasta with Turkey Meatballs in Tomato Sauce	Sliced Carrots Ala Camille		Diced Pineapple
THURSDAY 14.06.2018	EID AL FITR			

**RAFFLES SOUTH MONTESSORI
LUNCH BOX MENU FOR THE MONTH OF JUNE 2018**

WEEK 3	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY 17.06.2018	EID AL FITR			
MONDAY 18.05.2018	Sweet Chicken Cube Masala	Assorted Grilled Vegetables	Kashmiri Pulao	Fruit Yoghurt
TUESDAY 19.06.2018	Tuna Balls with Roasted Pepper Sauce	Steamed Sweet Corn & Green Peas	Rosemary Roast Potato	Summer Fruit Trifle
WEDNESDAY 20.06.2018	Farfalle Pasta with Turkey in Pink Sauce	Sliced Carrots Ala Camille		Mixed Melon Cubes
THURSDAY 21.06.2018	Balsamic Grilled Chicken with Orange Rosemary Sauce	Sauté Cut Green Beans & Sweet Corn	Mexican Rice	Strawberry Custard

**RAFFLES SOUTH MONTESSORI
LUNCH BOX MENU FOR THE MONTH OF JUNE 2018**

WEEK 4	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY 24.06.2018	Beef Goulash	Assorted Grilled Vegetable	Brown Rice	Fruit Yoghurt
MONDAY 25.06.2018	Chicken Supreme	Sauté Cut Green Beans and Carrots	Lemon Rice	Orange Custard
TUESDAY 26.06.2018	Fish Manchurian	Zesty Snow Peas & Squash	Baked Croquette Potato	Fruity Mini Muffin
WEDNESDAY 27.06.2018	Pasta Formaggio with Turkey and Three Herbs	Sliced Carrots Ala Camille		Mouhalabieh
THURSDAY 28.06.2018	Butter Chicken	Boiled Carrot Sticks and Peas	White Rice	Baked Cinnamon Apples

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

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 03.06.18	Chinese Roast Chicken Cubes Steamed Sweet Corn and Green Peas Nasi Goreng (Vegs.)	Chinese Vegetable Stir-Fry Steamed Sweet Corn and Green Peas Nasi Goreng (Vegs.)	Grilled Chicken Wrap	Grilled Vegetable Wrap	Fruit Yoghurt
MONDAY 04.06.18	Fish Cake with Sweet Pepper Sauce Steamed Carrots and Cut Beans Garlic Rosemary Potato	Vegetable Cutlets in Tomato Sauce Steamed Carrots and Cut Beans Garlic Rosemary Potato	Tuna Nicoise Salad	Halloumi Cheese in Panini	Vanilla Custard
TUESDAY 05.06.18	Grilled Beef Strips with Assorted Pepper Sauce Mushroom Rice Roasted Beetroot and Carrots	Vegetable Ratatouille Mushroom Rice Roasted Beetroot and Carrots	Roast Beef Sandwich	Roasted Pumpkin with Dates and Rocca Salad	Orange Smiley
WEDNESDAY 06.06.18	Greek Style Mini Pasta with Vegetable and Turkey Assorted Grilled Vegetables	Greek Style Mini Pasta with Roasted Vegetables Assorted Grilled Vegetables	Turkey Avocado in Baguette Bread	Four Beans Salad	Fruit Salad
THURSDAY 07.06.18	Mongolian Style Chicken Sauté Peas and Carrot Sticks Jasmine Rice	Vegetable Chopsuey Sauté Peas and Carrot Sticks Jasmine Rice	Roast Chicken with Guacamole in Baguette	Mango Paneer Sandwich	Fruit Custard

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

WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 10.06.18	Chicken Cacciatore Sauté Sweet Corn and Green Peas Peas Pilaf Rice	Vegetable Cacciatore Sauté Sweet Corn and Green Peas Peas Pilaf Rice	Roast Chicken with Guacamole in Baguette Bread	Cheese and Tomato Sandwich	Fruit Yoghurt
MONDAY 11.06.18	Sweet and Sour Fish Teriyaki Green Beans and Carrots Oriental Rice	Paneer Mushroom with Light Curry Sauce Teriyaki Green Beans and Carrots Oriental Rice	Beef Fajita in Tortilla Roll	Mediterranean Vegetable Salad	Banana Custard
TUESDAY 12.06.18	Beef Steak with Puttanesca Sauce Sauté Mixed Pumpkin and Snow Peas Balsamic Roast Potato with Wedges	Mixed Vegetable Manchurian Sauté Mixed Pumpkin and Snow Peas Balsamic Roast Potato with Wedges	Tuna Sandwich in Multi-Cereal Bread	Russian Salad	Fruity Mini Muffin
WEDNESDAY 13.06.18	Mini Pasta with Turkey Meatballs in Tomato Sauce Sliced Carrots Ala Camille	Mini Pasta with Vegetable Meatballs in Tomato Sauce Sliced Carrots Ala Camille	Turkey Panini Sandwich	Asian Coleslaw Salad	Diced Pineapple
THURSDAY 14.06.18	EID AL FITR				

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

WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 17.06.18	EID AL FITR				
MONDAY 18.06.18	Sweet Chicken Cube Masala Assorted Grilled Vegetables Kashmiri Pulao	Roasted Pumpkin Cannelloni Assorted Grilled Vegetables Kashmiri Pulao	Chicken Fajita in Tortilla Roll	Mango Paneer Sandwich	Fruit Yoghurt
TUESDAY 19.06.18	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	Tuna Twist Pasta Salad	Rainbow Salad	Summer Fruit Trifle
WEDNESDAY 20.06.18	Farfalle Pasta with Turkey in Pink Sauce Sliced Carrots Ala Camille	Farfalle Pasta with Vegetables in Pink Sauce Sliced Carrots Ala Camille	Beef Salad with Grilled Pepper and Mushroom	Lentil Salad	Mixed Melon Cubes
THURSDAY 21.06.18	Balsamic Grilled Chicken with Orange Rosemary Sauce Sauté Cut Green Beans & Sweet Corn Mexican Rice	Balsamic Grilled Vegetables with Orange Rosemary Sauce Sauté Cut Green Beans & Sweet Corn Mexican Rice	Chicken Caesar Salad	Grilled Vegetable Sandwich	Strawberry Custard

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

WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 24.06.18	Beef Goulash Assorted Grilled Vegetable Brown Rice	Mini Vegetable Patties in Onion Gravy Assorted Grilled Vegetable Brown Rice	Beef Salad with Grilled Pepper & Mushrooms	Panini Sandwich in Whole Wheat Roll	Fruit Yoghurt
MONDAY 25.06.18	Chicken Supreme 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	Orange Custard
TUESDAY 26.06.18	Fish Manchurian Zesty Snow Peas & Squash Baked Croquette Potato	Vegetable Stew with Baby Corn & Mushrooms Zesty Snow Peas & Squash Baked Croquette Potato	Tuna Sandwich in Multi- Cereal Bread	Russian Salad	Fruity Mini Muffin
WEDNESDAY 27.06.18	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 28.06.18	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

LUNCH MENU FOR THE MONTH OF JUNE 2018

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 03.06.18	Roasted Pumpkin Soup		Steamed Vegetables	Lasagna Al Forno	Lamb Tagine with Apricot	Chicken Teriyaki	Fish Fillet with Garlic Sauce	Roasted Potato Wedges	White Rice
			Harra Chana Masala						
Mon 04.06.18	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 05.06.18	Mediterranean Tomato Soup		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 06.06.18	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 07.06.18	Cauliflower Soup		Steamed Vegetables	Pasta Moong Bolognese	Doud Basha	Chicken Biryani (Boneless)	Fish Mango Curry	Smiley Potato	White Rice
			Shahi Korma						

LUNCH MENU FOR THE MONTH OF JUNE 2018

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 10.06.18	Red Cabbage and Apple Soup		Steamed Vegetables	Lasagna Al Forno	Stuffed Vine Leaves and Marrow	Chicken Makhanwala	Fish Tikka Biryani	Twice Baked Potato	White Rice
			Loubieh Bil Zeit						
Mon 11.06.18	Potato, Onion and Leek Soup	Grilled Chicken Tandoori	Grilled Vegetables	Pasta Alfredo with Sundried Tomato and Veggies	Chili Con Carne		Fisherman's Pie	Sautéed Potato with Onion and Garlic	White Rice
			Vegetable Do Pyaza						Lemon Rice
Tue 12.06.18	Mexican Beans Soup		Steamed Vegetables	Pasta with Creamy Honey Basil Sauce	Shepherd's Pie	Chicken Marengo	Mediterranean Baked Fish in Tomato Sauce	Coriander Roast Potato	White Rice
			Navratan Korma						
Wed 13.06.18	Zucchini and Dill Soup	Roast Beef with Homemade Gravy	Grilled Vegetables	Sicilian Pasta		Chicken Tikka Biryani (Boneless)	Baked Fish with Dill and Taragon Sauce	Chives Mashed Potato	White Rice
			Aloo Rajma Masala						
Thu 14.06.18	EID AL FITR								

LUNCH MENU FOR THE MONTH OF JUNE 2018

Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 17.06.18	EID AL FITR								
Mon 18.06.18	Celery and Fuji Apple Soup		Grilled Vegetables	Lasagna Al Forno	Ginger Beef Peking Style	Butter Chicken	Samak Machboos	Sautéed Potato with Onion and Garlic	White Rice
			Cauliflower Tomato Masala						
Tue 19.06.18	Lentil and Spinach Soup	Grilled Fish Ala Greek	Grilled Vegetables	Shell Pasta with Turkey and Napolitana Sauce	Beef and Vegetable Stew	Mongolian Style Chicken	<u>Tuesday's Wrap Up</u> Grilled Chicken Wrap	Potato Milanese	White Rice
			Paneer Mushroom Kolapuri						Vegetable Rice
Wed 20.06.18	Egg Drop Soup	Beef Steak with Puttanesca Sauce	Steamed Vegetables	Penne Ala Mexican		Chicken Salona Local Style	Herb Crusted Fish Carrot Sauce	Mashed Apple and Potato	White Rice
			Aloo Karela						Vermicelli Rice
Thu 21.06.18	Sweetcorn Soup		Steamed Vegetables	Baked Pasta with Roasted Pumpkin and Ricotta	Italian Meatballs in Tomato Sauce	Chicken Biryani (Boneless)	Kung Pao Fish Fillet	Harra Potato	White Rice
			Bhaingan Chole Masala						

LUNCH MENU FOR THE MONTH OF JUNE 2018

Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 24.06.18	Indonesian Carrot Soup	Grilled Chicken with Rosemary Sauce	Steamed Vegetables	Lasagna Al Forno	Bamya Bil Laham		Fish Mango Curry	Lyonnaise Potato	White Rice
			Dahi Pakoda						
Mon 25.06.18	Italian Crock Pot Soup		Grilled Vegetables	Vegan Fettuccini Pomodoro	Beef Stroganoff	Chicken Steak with Dried Fig Sauce	Local Style Grilled Fish with Biryani Rice	Mashed Potato	White Rice
			Avial						
Tue 26.06.18	Pumpkin and New England Soup	<u>Tuesday's Wrap Up</u> Chicken Fajita Wrap	Steamed Vegetables	Rigatoni Primavera	Healthy Beef Casserole	Chicken Korma	Fish Steak Layer with Eggplant, Tomato & Cinnamon	Oven Baked Potato Wedges	White Rice
			Moghul Style Mix Vegetable						
Wed 27.06.18	Chicken and Mushroom Soup	Grilled Chicken Strips with Lemon and Pepper Sauce	Grilled Vegetables	Mini Pasta Arabiatta with Turkey	Beef Irish Stew		Fish Fillet with Garlic Sauce	Broccoli Potato	White Rice
			Beans and Red Pumpkin Curry						Mushroom Rice
Thu 28.06.18	Parsnip Soup		Steamed Vegetables	Lasagna Verde	Beef Bourguignon	Chicken Tikka Biryani (Boneless)	Arabic Style Fish Kebab	Baked Croquette Potato	White Rice
			Panner Jalfrezi						