

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

WEEK 1	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY 01.07.2018	Healthy Beef Casserole	Steamed Coin Carrots and Marrow	Champ Potato	Fruit Yoghurt
MONDAY 02.07.2018	Chicken Machboos	Mixed Roasted Vegetables		Vermicelli Pudding
TUESDAY 03.07.2018	Oven Baked Fish Coated in Cornflakes	Buttered Sweetcorn and Peas	Sumak Roasted Potato	Rock Melon Sticks
WEDNESDAY 04.07.2018	Chicken Macaroni & Cheese	Zesty Snow Peas and Squash		Lemon Pie
THURSDAY 05.07.2018	Mongolian Style Chicken	Sauté Peas and Carrot Sticks	Jasmine Rice	Mixed Melon

**RAFFLES SOUTH MONTESSORI
VEGETARIAN LUNCH BOX FOR JULY 2018**

DAY	WEEK 1 01-05.07.2018	WEEK 2 08-12.07.2018	WEEK 3 15-19.07.2018	WEEK 4 22-26.07.2018
SUNDAY	Butter Beans Stew Steamed Coin Carrots and Marrow Champ Potato Fruit Yoghurt	SUMMER BREAK 2018		
MONDAY	Vegetable Machboos Mixed Roasted Vegetables Vermicelli Pudding			
TUESDAY	Vegetable Ala King Buttered Sweetcorn and Peas Sumak Roasted Potato Rock Melon Sticks			
WEDNESDAY	Macaroni & Cheese Zesty Snow Peas and Squash Lemon Pie			
THURSDAY	Vegetable Chopsuey Sauté Peas and Carrot Sticks Jasmine Rice Mixed Melon			

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

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 01.07.18	Healthy Beef Casserole Steamed Coin Carrots and Marrow Champ Potato	Butter Beans Stew Steamed Coin Carrots and Marrow Champ Potato	Chicken Tandoori Salad	Vegetable Fajita	Fruit Yoghurt
MONDAY 02.07.18	Chicken Machboos Mixed Roasted Vegetables	Vegetable Machboos Mixed Roasted Vegetables	Roast Chicken with Guacamole in Baguette	Beetroot and Apple Salad	Vermicelli Pudding
TUESDAY 03.07.18	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 04.07.18	Chicken Macaroni & Cheese Zesty Snow Peas and Squash	Macaroni & Cheese Zesty Snow Peas and Squash	Turkey & Cranberry in Ciabatta Bread	Spinach Chickpea and Mushroom salad	Lemon Pie
THURSDAY 05.07.18	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

LUNCH MENU FOR THE MONTH OF JULY 2018

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 01.07.18	Roasted Pumpkin Soup		Steamed Vegetables	Lasagna Al Forno	Beef Stroganoff	Chicken Teriyaki	Fish Biryani	Mashed Apple and Potato	White Rice
			Harra Chana Masala						
Mon 02.07.18	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 03.07.18	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> Chicken Fajita Wrap	Anna Potato	White Rice
			Avial						
Wed 04.07.18	Chicken Tortilla Soup		Steamed Vegetables	Macaroni & Cheese	Braised Beef & Vegetables	Chicken Jambalaya – Creole Style	Crab Cakes	Mashed Potato	White Rice
			American Chopsuey						Mexican Rice
Thu 05.07.18	Broccoli Soup		Grilled Vegetables	Pasta Moong Bolonese	Beef Bourguignon	Chicken Biryani (Boneless)	Mediterranean Baked Fish in Tomato Sauce	Baked Croquette Potato	White Rice
			Gobi Manchurian						