

**RAFFLES NURSERY
LUNCH BOX MENU FOR THE MONTH OF FEBRUARY 2019**

WEEK 1	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY 03.02.19	Healthy Beef Casserole Champ Potato	Steamed Coin Carrots and Marrow	Champ Potato	Fruit Salad
MONDAY 04.02.19	Chicken Machboos	Vegetable Salona		Banana Pudding
TUESDAY 05.02.19	Oven Baked Fish Coated in Cornflakes	Buttered Sweetcorn and Peas	Sumak Roasted Potato	Fruit Yoghurt
WEDNESDAY 06.02.19	Mini Pasta Arabiatta with Turkey	Zesty Snow Peas and Squash		Sweet Melon
THURSDAY 07.02.19	Mongolian Style Chicken	Sauté Peas and Carrot Sticks	Jasmine Rice	Profiterole (Custard)

**RAFFLES NURSERY
LUNCH BOX MENU FOR THE MONTH OF FEBRUARY 2019**

WEEK 2	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY 10.02.19	Beef Goulash	Assorted Grilled Vegetable	Mashed Potato	Fruit Salad
MONDAY 11.02.19	Baked Chicken with Spinach and Cream Sauce	Sauté Cut Green Beans and Carrots	Mushroom Rice	Mango Pudding
TUESDAY 12.02.19	Grilled Fish with Lemon Chives Sauce	Zesty Snow Peas & Squash	Baked Croquette Potato	Fruit Yoghurt
WEDNESDAY 13.02.19	Pasta Formaggio with Turkey and Three Herbs	Sliced Carrots Ala Camille		Fresh Watermelon Cubes
THURSDAY 17.02.19	Butter Chicken	Boiled Carrot Sticks and Peas	White Rice	Fruit Trifle with Custard



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WEEK 3	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY 17.02.19	Beef and Mushroom Ragout	Sauté Mixed Pumpkin & Snow Peas	Sauté Potato with Onion and Garlic	Fruit Salad
MONDAY 18.02.19	Grilled Chicken Strips with Lemon and Pepper Sauce	Steamed Sweet Corn & Carrots	Vegetable Rice	Carrot Cake
TUESDAY 19.02.19	Sweet and Sour Fish Fillet	Buttered Green Beans	Savoury Roast Potato	Fruit Yoghurt
WEDNESDAY 20.02.19	Farfalle Pasta with Turkey in Pink Sauce	Sliced Carrots Ala Camille		Mixed Melon Cubes
THURSDAY 21.02.19	Chicken Ala King	Zesty Snow Peas & Squash	White Rice	Rice Pudding

**RAFFLES NURSERY
LUNCH BOX MENU FOR THE MONTH OF FEBRUARY 2019**

WEEK 4	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY 24.02.19	Beef Stew with Bok Choy, Cabbage, and Green Beans	Sliced Carrots Alla Camille	Saffron Rice	Fruit Salad
MONDAY 25.02.19	Grilled Chicken with Rosemary Sauce	Steamed Coin Carrots and Marrow	Steamed Cube Potato with Herb	Carrot Pudding
TUESDAY 26.02.19	Lemon Orange Zest Grilled Fish	Sauté Peas and Carrot Sticks	Brown Rice	Fruit Yoghurt
WEDNESDAY 27.02.19	Shell Pasta with Minced Meat in Béchamel Sauce	Assorted Grilled Vegetables		Diced Pineapple
THURSDAY 28.02.19	Chinese Roast Chicken Strips	Steamed Sweet Corn and Green Peas	White Rice	Mouhalabieh

DAY	WEEK 1 03-07.02.19	WEEK 2 10-14.02.19	WEEK 3 17-21.02.19	WEEK 4 24-28.02.19
SUNDAY	Butter Beans Stew Steamed Coin Carrots and Marrow Champ Potato Fruit Salad	Mini Vegetable Patties in Onion Gravy Assorted Grilled Vegetable Mashed Potato Fruit Salad	Vegetable Cutlets with carrot Sauce Sauté Mixed Pumpkin & Snow Peas Sauté Potato with Onion and Garlic Fruit Salad	Vegetable Ragout Cabbage, and Green Beans Sliced Carrots Alla Camille Saffron Rice Fruit Salad
MONDAY	Vegetable Machboos Vegetable Salona Banana Pudding	Spinach Dumpling with Tomato Sweet Pepper Sauce Sauté Cut Green Beans and Carrots Mushroom Rice Mango Pudding	Vegetable Makhani Steamed Sweet Corn & Carrots Vegetable Rice Carrot Cake	Vegetable Fajitas with Tofu Steamed Coin Carrots and Marrow Steamed Cube Potato with Herb Carrot Pudding
TUESDAY	Vegetable Ala King Buttered Sweetcorn and Peas Sumak Roasted Potato Fruit Yoghurt	Vegetable Manchurian Zesty Snow Peas & Squash Baked Croquette Potato Fruit Yoghurt	Spinach Dumpling with Tomato Sweet Pepper sauce Buttered Green Beans Savoury Roast Potato Fruit Yoghurt	Baked Broccoli Nuggets with Dip Sauté Peas and Carrot Sticks Brown Rice Fruit Yoghurt
WEDNESDAY	Mini Pasta Arabiatta with Vegetables Zesty Snow Peas and Squash Sweet Melon	Pasta Formaggio with Vegetables and Three Herbs Sliced Carrots Alla Camille Fresh Watermelon Cubes	Farfalle Pasta with Vegetables in Pink Sauce Sliced Carrots Alla Camille Mixed Melon Cubes	Vegetarian Shell Pasta in Bechamel Sauce Assorted Grilled Vegetables Diced Pineapple
THURSDAY	Vegetable Chopsuey Sauté Peas and Carrot Sticks Jasmine Rice Profiterole (Custard)	Vegetable Makhnwala Boiled Carrot Sticks and Peas White Rice Fruit Trifle with Custard	Vegetable Ala King Zesty Snow Peas & Squash White Rice Rice Pudding	Chinese Vegetable Stir-Fry Steamed Sweet Corn and Green Peas White Rice Mouhalabieh

RAFFLES INTERNATIONAL SCHOOL FS2 & YEAR 1, YEAR 2 & 3 LUNCH BOX MENU FOR THE MONTH OF FEBRUARY 2019

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 03.02.19	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 Salad
MONDAY 04.02.19	Chicken Machboos Vegetable Salona	Vegetable Machboos Vegetable Salona	Roast Chicken with Guacamole in Baguette	Beetroot and Apple Salad	Banana Pudding
TUESDAY 05.02.19	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	Fruit Yoghurt
WEDNESDAY 06.02.19	Mini Pasta Arabiatta with Turkey Zesty Snow Peas and Squash	Mini Pasta Arabiatta with Vegetables Zesty Snow Peas and Squash	Turkey & Cranberry in Ciabatta Bread	Spinach Chickpea and Mushroom salad	Sweet Melon
THURSDAY 07.02.19	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	Profiterole (Custard)

**RAFFLES INTERNATIONAL SCHOOL FS2 & YEAR 1, YEAR 2 & 3
LUNCH BOX MENU FOR THE MONTH OF FEBRUARY 2019**

WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 10.02.19	Beef Goulash Assorted Grilled Vegetable Mashed Potato	Mini Vegetable Patties in Onion Gravy Assorted Grilled Vegetable Mashed Potato	Beef Salad with Grilled Pepper & Mushrooms	Panini Sandwich in Whole Wheat Roll	Fruit Salad
MONDAY 11.02.19	Baked Chicken with Spinach and Cream Sauce 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	Mango Pudding
TUESDAY 12.02.19	Grilled Fish with Lemon Chives Sauce Zesty Snow Peas & Squash Baked Croquette Potato	Vegetable Manchurian Zesty Snow Peas & Squash Baked Croquette Potato	Tuna Sandwich in Multi- Cereal Bread	Russian Salad	Fruit Yoghurt
WEDNESDAY 13.02.19	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	Fresh Watermelon Cubes
THURSDAY 17.02.19	Butter Chicken Boiled Carrot Sticks and Peas White Rice	Vegetable Makhanwala Boiled Carrot Sticks and Peas White Rice	Oriental Chicken Salad	Vegetable Tikka Sandwich	Fruit Trifle with Custard

**RAFFLES INTERNATIONAL SCHOOL FS2 & YEAR 1, YEAR 2 & 3
LUNCH BOX MENU FOR THE MONTH OF FEBRUARY 2019**

WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 17.02.19	Beef and Mushroom Ragout Sauté Mixed Pumpkin & Snow Peas Sauté Potato with Onion and Garlic	Vegetable Cutlets with carrot Sauce Sauté Mixed Pumpkin & Snow Peas Sauté Potato with Onion and Garlic	Cheese and Egg Sandwich	Halloumi Cheese Sandwich	Fruit Salad
MONDAY 18.02.19	Grilled Chicken Strips with Lemon and Pepper Sauce Steamed Sweet Corn & Carrots Vegetable Rice	Vegetable Makhani Steamed Sweet Corn & Carrots Vegetable Rice	Beef Salad with Grilled Pepper and Mushroom	Italian Broccoli & Pasta Salad	Carrot Cake
TUESDAY 19.02.19	Sweet and Sour Fish Fillet Buttered Green Beans Savoury Roast Potato	Spinach Dumpling with Tomato Sweet Pepper sauce Buttered Green Beans Savoury Roast Potato	Chicken Fajita in Tortilla Roll	Vegetable Fajita Wrap	Fruit Yoghurt
WEDNESDAY 20.02.19	Farfalle Pasta with Turkey in Pink Sauce Sliced Carrots Ala Camille	Farfalle Pasta with Vegetables in Pink Sauce Sliced Carrots Ala Camille	Tuna Chef Salad	Mediterranean Vegetable Salad	Mixed Melon Cubes
THURSDAY 21.02.19	Chicken Ala King Zesty Snow Peas & Squash White Rice	Vegetable Ala King Zesty Snow Peas & Squash White Rice	Turkey Panini Sandwich	Mango Paneer Sandwich	Rice Pudding

**RAFFLES INTERNATIONAL SCHOOL FS2 & YEAR 1, YEAR 2 & 3
LUNCH BOX MENU FOR THE MONTH OF FEBRUARY 2019**

WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 24.02.19	Beef Stew with Bok Choy, Cabbage, and Green Beans Sliced Carrots Alla Camille Saffron Rice	Vegetable Ragout Cabbage, and Green Beans Sliced Carrots Alla Camille Saffron Rice	Chicken Caesar Salad	Spinach Chickpea and Mushroom Salad	Fruit Salad
MONDAY 25.02.19	Grilled Chicken with Rosemary Sauce Steamed Coin Carrots and Marrow Steamed Cube Potato with Herb	Vegetable Fajitas with Tofu Steamed Coin Carrots and Marrow Steamed Cube Potato with Herb	Omelette in Tortilla Bread	Panini Sandwich in Whole Wheat Roll	Carrot Pudding
TUESDAY 26.02.19	Lemon Orange Zest Grilled Fish Sauté Peas and Carrot Sticks Brown Rice	Baked Broccoli Nuggets with Dip Sauté Peas and Carrot Sticks Brown Rice	Chicken Tikka with Cucumber Wrap	Rainbow Salad	Fruit Yoghurt
WEDNESDAY 27.02.19	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	Diced Pineapple
THURSDAY 28.02.19	Chinese Roast Chicken Strips 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	Mouhalabieh

LUNCH MENU FOR THE MONTH OF FEBRUARY 2019

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 03.02.19	Broccoli Soup	Grilled Fish with Chives Sauce	Steamed Vegetables	Lasagna Al Forno	Lamb Makhloubeh with Yoghurt	Butter Chicken		Creole Roast Potato	White Rice
			Vegetable Ratatouille						
			Beetroot Thoran						
Mon 04.02.19	Macaroni Chicken Soup	Grilled Steak with Barbeque Sauce	Grilled Vegetables	Bowtie Pasta with Sundried Tomato and Turkey	<u>Monday's Create your Own Pasta</u>	Chicken Cacciatore	Kung Pao Fish Fillet	Harra Potato	White Rice
			Vegetable Ravioli						Garlic Rice
			Shahi Korma						
Tue 05.02.19	Provencal Soup	Grilled Fish Fillet with Dill	Steamed Vegetables	Spaghetti Bolognese	American Meatballs with Red Sauce	Chicken Escalope	<u>Tuesday's Chinese Noodles</u>	Greek Style Roast Potato	White Rice
			Butter Beans Stew						Saffron Rice
			Paneer Mushroom Kolapuri						
Wed 06.02.19	Chicken and Mushroom Soup	Grilled Chicken Strips with Lemon and Pepper Sauce	Grilled Vegetables	Mini Pasta Arabiatta with Turkey	Lamb Tagine with Apricot	<u>Wednesday's Burger Time</u>	Fish Fillet with Garlic Sauce	Broccoli Potato	White Rice
			Vegetable Manchurian						Vermicelli Rice
			Red Pumpkin with Black Eye Beans Masala						
Thu 07.02.19	Sweetcorn Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Baked Pasta with Roasted Pumpkin and Ricotta	Beef Stroganoff	Chicken Biryani (Boneless)	Baked Fish with Parsley Sauce	Mashed Potato	White Rice
			Vegetable Pad Thai						
			Navratan korma						

LUNCH MENU FOR THE MONTH OF FEBRUARY 2019

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 10.02.19	Red Cabbage and Apple Soup		Steamed Vegetables	Lasagna Al Forno	Stuffed Vine Leaves and Marrow	Chicken Makhanwala	Fish Tikka Biryani	Smiley Potato	White Rice
			Vegetable Chopsuey						
			Dahi Curry						
Mon 11.02.19	Minestrone Soup	Grilled Fish Meuniere	Grilled Vegetables	Vegetable Hakka	Swedish Meatballs with Brown Gravy	Sweet and Sour Chicken	<u>Monday's Create your Own Pasta</u>	Mashed Apple and Potato	White Rice
			Vegetable Moussaka						
			Paneer Mushroom with Light Curry Sauce						Garlic Rice
Tue 12.02.19	Mexican Beans Soup	<u>Tuesday's Chinese Noodles</u>	Steamed Vegetables	Pasta with Creamy Honey Basil Sauce	Shepherd's Pie	Chicken Kabsa	Mediterranean Baked Fish in Tomato Sauce	Anna Potato	White Rice
			Three Beans Casserole						
			Vegetable Makhani						
Wed 13.02.19	Zucchini and Dill Soup	Roast Beef with Homemade Gravy	Grilled Vegetables	Sicilian Pasta	<u>Wednesday's Burger Time</u>	Chicken Marengo	Baked Fish with Dill and Taragon Sauce	Savory Roast Potato	White Rice
			Vegetable Ala King						
			Vegetable Do-Pyaza						Peas Pilaf Rice
Thu 14.02.19	Parsnip Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Lasagna Verde	Bamya Bil Laham	Chicken Tikka Biryani (Boneless)	Arabic Style Fish Kebab	Baked Croquette Potato	White Rice
			Loubieh Bil Zeit						
			Dahi Pakoda						

LUNCH MENU FOR THE MONTH OF FEBRUARY 2019

Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 17.02.19	Leek and Potato Soup	Iranian Grilled Fish with Saffron Sauce	Steamed Vegetables	Lasagna Al Forno	Lamb Biryani	Chicken Ala King		Balsamic Roast Potato Wedges	White Rice
			Vegetable Greek Style						
			Chole Palak						
Mon 18.02.19	Egg Drop Soup	Grilled Chicken with Cardinal Sauce	Grilled Vegetables	Mini Penne Pasta Bolognese	Healthy Beef Casserole	<u>Monday's Create your Own Pasta</u>	Cajun Fish with Tomato Salsa	Roast Potato Wedges	White Rice
			Vegetable Fajita with Tofu						Tomato Rice
			Ragu with Vegetables						
Tue 19.02.19	Butternut Squash Soup	<u>Tuesday's Chinese Noodles</u>	Steamed Vegetables	Pasta in Pink Sauce with Asparagus and Artichoke	Stir Fry Beef with Broccoli	Chicken Florentine	Fish Steak Layer with Eggplant, Tomato & Cinnamon	Lemon and Parsley Potato	White Rice
			Chinese Vegetable Stir Fry						Mushroom Rice
			Red Spinach and Potato Bhaji						
Wed 20.02.19	Mediterranean Tomato Soup	Grilled Fish Fillet with Basil Sauce	Grilled Vegetables	Homemade Macaroni Pasta with Chicken and Vegetables	Hong Kong Style Beef	Chicken Supreme	<u>Wednesday's Burger Time</u>	Garlic Potato	White Rice
			Vegetable Patties in Onion Gravy						Garlic Rice
			Harra Channa Masala						
Thu 21.02.19	Chicken Cilantro Lime Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Penne Pasta Ala Ratatouille	Kofta Kebab with Condiments	Chicken Biryani (Boneless)	Jamaican Brown Fish Stew	Twice Baked Potato	White Rice
			Zucchini Au Gratin						
			Eggplant and Potato Curry						

LUNCH MENU FOR THE MONTH OF FEBRUARY 2019

Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 24.02.19	Celery and Fuji Apple Soup		Steamed Vegetables	Lasagna Al Forno	Ginger Beef Peking Style	Butter Chicken	Samak Machboos	Sautéed Potato with Onion and Garlic	White Rice
			Mushroom Ala King						
			Kaddu Channa						
Mon 25.02.19	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>Monday's Create your Own Pasta</u>	Potato Milanese	White Rice
			Vegetable Shepherd's Pie						
			Aloo Karela						Nasi Goreng
Tue 26.02.19	Roasted Pumpkin Soup	<u>Tuesday's Chinese Noodles</u>	Steamed Vegetables	Vegan Fettuccini Pomodoro	Beef Irish Stew	Chicken Steak with Dried Fig Sauce	Local Style Grilled Fish with Biryani Rice	Chives Mashed Potato	White Rice
			Carrot and Peas Salona						
			Tendly Channa Bhaji						
Wed 27.02.19	Tomato and Basil Soup	Hawaiian Barbeque Chicken Balls	Grilled Vegetables	Mini Pasta Arabiatta	Hungarian Beef Goulash	<u>Wednesday's Burger Time</u>	Samakeh Harra	Coriander Roast Potato	White Rice
			Vegetable Ala King						
			Vegetable Do-Pyaza						Vegetable Rice
Thu 28.02.19	Indonesian Carrot Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Mini Pasta Alfredo	Chinese Pepper Steak	Chicken Tikka Biryani (Boneless)	Fish Ala Portuguese	Dauphinoise Potato	White Rice
			Aloo Mint Tikki Baked						
			Italian Vegetable						