

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

WEEK 1	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY 03.03.19	Tiny Beef Burger with Mushroom Sauce	Roasted Turnip and Carrots	Mashed Potato	Fruit Salad
MONDAY 04.03.19	Chicken Ala King	Sauté Peas and Pumpkin	Tomato Rice	Profiterole Custard
TUESDAY 05.03.19	Kung Pao Fish Balls	Boiled Carrots and Corn	Sumac Roasted Potato	Fruit Yoghurt
WEDNESDAY 06.03.19	Shell Pasta with Turkey & Napolitana Sauce	Roasted Vegetable Medley		Sweet Melon
THURSDAY 07.03.19	Grilled Chicken with Rosemary Sauce	Green Beans and Mushroom Medley	Brown Rice	Carrot Pudding

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

WEEK 2	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY 10.03.19	Beef Stroganoff	Boiled Green Peas and Sweet Corn	Chives Mashed Potato	Fruit Salad
MONDAY 11.03.19	Fish Cake with Sweet Pepper Sauce	Carrots in Dill	Lemon Rice	Apple Crumble
TUESDAY 12.03.19	Chicken Supreme	Roasted Vegetable Medley	Baked Croquette Potato	Fruit Yoghurt
WEDNESDAY 13.03.19	Homemade Macaroni Pasta with Turkey and Vegetables	Honey Glazed Beetroots and Carrots		Fresh Watermelon Cubes
THURSDAY 14.03.19	Chicken Biryani	Vegetable Salona		Low-Fat Plain Yoghurt

**RAFFLES NURSERY
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WEEK 3	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY 17.03.19	Beef Steak with Homemade Tomato Sauce	Sautéed Corn and Green Peas	Smiley Potato	Fruit Salad
MONDAY 18.03.19	Balsamic Grilled Chicken with Orange Rosemary Sauce	Winter Garden Vegetables	Pulao Rice	Banana and Oats Pudding
TUESDAY 19.03.19	Salmon Balls with Teriyaki Sauce	Steamed Cut Green Beans and Red Pumpkin	Lemon and Parsley Potato	Fruit Yoghurt
WEDNESDAY 20.03.19	Greek Style Mini Pasta with Vegetables and Turkey	Assorted Grilled Vegetables		Mouhalabieh
THURSDAY 21.03.19	Chicken Korma	Sautéed Carrot Cubes and Parsnips	White Rice	Orange Smiley

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

WEEK 4	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY 24.03.19	Sweet Chicken Cube Masala	Sauté Cabbage and Red Pumpkin	Jasmine Rice	Fruit Salad
MONDAY 25.03.19	Healthy Beef Casserole	Steamed Coin Carrots and Turnip	Champ Potato	Mango Pudding
TUESDAY 26.03.19	Fish Fillet with Garlic Sauce	Zesty Green Peas & Squash	Savoury Roast Potato	Fruit Yoghurt
WEDNESDAY 27.03.19	Pasta Formaggio with Turkey & Three Herbs	Assorted Grilled Vegetables		Diced Pineapple
THURSDAY 28.03.19	Baked Chicken with Sauté Tomato and Pepper	Sauté Green Beans	Jasmine Rice	Fruit Trifle with Custard

DAY	WEEK 1 03-07.03.19	WEEK 2 10-14.03.19	WEEK 3 17-21.03.19	WEEK 4 24-28.03.19
SUNDAY	Vegetable Burger with Mushroom Sauce Roasted Turnip and Carrots Mashed Potato Fruit Salad	Mushroom Stroganoff Chives Mashed Potato Boiled Green Peas and Sweet Corn Fruit Salad	Italian Vegetables Smiley Potato Sautéed Corn and Green Peas Fruit Salad	Vegetable Makhanwala Jasmine Rice Sauté Cabbage and Red Pumpkin Fruit Salad
MONDAY	Vegetable Ala King Sauté Peas and Pumpkin Tomato Rice Profiterole Custard	Butter Beans Stew Lemon Rice Carrots in Dill Apple Crumble	Vegetable Au Gratin Pulao Rice Winter Garden Vegetables Banana and Oats Pudding	Butter Beans Stew Champ Potato Steamed Coin Carrots and Turnip Mango Pudding
TUESDAY	Chinese Vegetable Stir Fry Sumac Roasted Potato Boiled Carrots and Corn Fruit Yoghurt	Vegetable Supreme Baked Croquette Potato Roasted Vegetable Medley Fruit Yoghurt	Vegetable Manchurian Lemon and Parsley Potato Steamed Cut Green Beans and Red Pumpkin Fruit Yoghurt	Ravioli Provencal Zesty Green Peas & Squash Savoury Roast Potato Fruit Yoghurt
WEDNESDAY	Shell Pasta with Vegetables & Napolitana Sauce Roasted Vegetable Medley Sweet Melon	Homemade Macaroni Pasta with Vegetables Honey Glazed Beetroots and Carrots Fresh Watermelon Cubes	Greek Style Mini Pasta with Vegetables Assorted Grilled Vegetables Mouhalabieh	Pasta in Pink Sauce with Asparagus & Artichoke Assorted Grilled Vegetables Diced Pineapple
THURSDAY	Ragu with Vegetables Brown Rice Green Beans and Mushroom Medley Carrot Pudding	Vegetable Biryani Vegetable Salona Low-Fat Plain Yoghurt	Vegetable Korma White Rice Sautéed Carrot Cubes and Parsnips Orange Smiley	Vegetable Greek Style Jasmine Rice Sauté Green Beans Fruit Trifle with Custard

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

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 03.03.19	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 Salad
MONDAY 04.03.19	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	Profiterole Custard
TUESDAY 05.03.19	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	Fruit Yoghurt
WEDNESDAY 06.03.19	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	Sweet Melon
THURSDAY 07.03.19	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 Pudding

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

WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 10.03.19	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 Salad
MONDAY 11.03.19	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 12.03.19	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 Yoghurt
WEDNESDAY 13.03.19	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	Fresh Watermelon Cubes
THURSDAY 14.03.19	Chicken Biryani Vegetable Salona	Vegetable Biryani Vegetable Salona	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 2019**

WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 17.03.19	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 Salad
MONDAY 18.03.19	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 19.03.19	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 Yoghurt
WEDNESDAY 20.03.19	Greek Style Mini Pasta with Vegetables and Turkey Assorted Grilled Vegetables	Greek Style Mini Pasta with Vegetables Assorted Grilled Vegetables	Chicken Fajita Wrap	Cheese and Tomato Sandwich	Mouhalabieh
THURSDAY 21.03.19	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 2019**

WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 24.03.19	Sweet Chicken Cube Masala Jasmine Rice Sauté Cabbage and Red Pumpkin	Vegetable Makhanwala Jasmine Rice Sauté Cabbage and Red Pumpkin	Beef Salad with Grilled Pepper & Mushrooms	Aegean Summer Salad	Fruit Salad
MONDAY 25.03.19	Healthy Beef Casserole Champ Potato Steamed Coin Carrots and Turnip	Butter Beans Stew Champ Potato Steamed Coin Carrots and Turnip	Chicken Tandoori Salad	Vegetable Fajitas	Mango Pudding
TUESDAY 26.03.19	Fish Fillet with Garlic Sauce Zesty Green Peas & Squash Savoury Roast Potato	Ravioli Provencal Zesty Green Peas & Squash Savoury Roast Potato	Turkey with Ice berg Lettuce in Chappati Bread	Rocca and Sweet Corn Salad	Fruit Yoghurt
WEDNESDAY 27.03.19	Pasta Formaggio with Turkey & Three Herbs Assorted Grilled Vegetables	Pasta in Pink Sauce with Asparagus & Artichoke Assorted Grilled Vegetables	Beef Salad with Grilled Pepper and Mushroom	Grilled Vegetable Sandwich	Diced Pineapple
THURSDAY 28.03.19	Baked Chicken with Sauté Tomato and Pepper Jasmine Rice Sauté Green Beans	Vegetable Greek Style Jasmine Rice Sauté Green Beans	Roast Chicken with Guacamole in Baguette	Mango Paneer Sandwich	Fruit Trifle with Custard

LUNCH MENU FOR THE MONTH OF MARCH 2019

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 03.03.19	Zucchini and Dill Soup		Steamed Vegetables	Lasagna Al Forno	Beef Stroganoff	Chicken Supreme	Samak Machboos	Mashed Potato	White Rice
			Vegetable Chopsuey						
			Dahi Curry						
Mon 04.03.19	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)	<u>Monday's Create your Own Pasta</u>	Roasted Potato with Herbs	White Rice
			Vegetable Manchurian						Vermicelli Rice
			Red Pumpkin with Black Eye Beans Masala						
Tue 05.03.19	Pumpkin and New England Soup	Roast Beef with Own Gravy	Steamed Vegetables	Rigatoni Primavera	<u>Tuesday's Chinese Noodles</u>	Chicken Korma	Fish Steak Layer with Eggplant, Tomato & Cinnamon	Oven Baked Potato Wedges	White Rice
			Vegetable Pad Thai						Vegetable Rice
			Navratan korma						
Wed 06.03.19	Egg Drop Soup	Grilled Fish Ala Greek	Grilled Vegetables	Mini Penne Pasta Bolognese	Healthy Beef Casserole	Mongolian Style Chicken	<u>Wednesday's Burger Time</u>	Greek Style Potato	White Rice
			Vegetable Moussaka						Lemon Rice
			Paneer Mushroom with Light Curry Sauce						
Thu 07.03.19	Indonesian Carrot Soup	<u>Thursday's Pizza Day</u>	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
			Three Beans Casserole						
			Vegetable Makhani						

LUNCH MENU FOR THE MONTH OF MARCH 2019

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 10.03.19	Red Cabbage and Apple Soup		Steamed Vegetables	Lasagna Al Forno	Stuffed Vine Leaves and Marrow	Chicken Marengo	Fish Biryani	Coriander Roast Potato	White Rice
			Carrot and Peas Salona						
			Tendly Channa Bhaji						
Mon 11.03.19	Carrot and Coriander Soup	Grilled Salisbury Steak with Brown Gravy	Grilled Vegetables	Roasted Pumpkin Cannelloni	<u>Monday's Create your Own Pasta</u>	Chicken Saagwala	Baked Fish with Tomato and Herb Sauce	Champ Potato	White Rice
			Vegetable Ala King						Mushroom Rice
			Vegetable Do-Pyaza						
Tue 12.03.19	Tomato Rasam Soup	Iranian Grilled Fish with Saffron Sauce	Steamed Vegetables	Shell Pasta Primavera	Beef Irish Stew	Chicken Mackloubeh	<u>Tuesday's Chinese Noodles</u>	Anna Potato	White Rice
			Loubieh Bil Zeit						
			Dahi Pakoda						
Wed 13.03.19	Macaroni Chicken Soup	Grilled Chicken with Rosemary Sauce	Grilled Vegetables	Pasta with Creamy Honey Basil Sauce	Doud Basha	<u>Wednesday's Burger Time</u>	Herb Crusted Fish Carrot Sauce	Balsamic Roast Potato Wedges	White Rice
			Vegetable Ragout						Tomato Rice
			Cauliflower Tomato Masala						
Thu 14.03.19	Cauliflower Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Grilled Vegetable and Pasta Baked	Beef Paprika with Roasted Pepper	Chicken Biryani (Boneless)	Fish Mango Curry	Harra Potato	White Rice
			Potato Mushroom and Onion Fritata Bread						
			Beans and Cabbage Thoran						

LUNCH MENU FOR THE MONTH OF MARCH 2019

Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 17.03.19	Minestrone Soup	Grilled Fish Meuniere	Steamed Vegetables	Lasagna Al Forno	Lamb Biryani (Boneless)	Chicken Ala King		Chateau Potato	White Rice
			Vegetable Greek Style						
			Chole Palak						
Mon 18.03.19	Yellow Lentil Soup	Hawaiian Barbeque Chicken Balls	Grilled Vegetables	Bowtie Pasta with Sundried Tomato and Turkey	Lamb and Potato Stew	<u>Monday's Create your Own Pasta</u>	Samak Harra	Savory Roast Potato	White Rice
			Vegetable Fajita with Tofu						Vermicelli Rice
			Ragu with Vegetables						
Tue 19.03.19	Butternut Squash Soup	<u>Tuesday's Chinese Noodles</u>	Steamed Vegetables	Baked Macaroni Bolognese	Italian Meatballs in Tomato Sauce	Chicken Kabsa	Herb Crusted Fish Carrot Sauce	Potato Milanese	White Rice
			Chinese Vegetable Stir Fry						
			Red Spinach and Potato Bhaji						
Wed 20.03.19	Mexican Beans Soup	Roast Beef with Mushroom Sauce	Grilled Vegetables	Pasta Arabiatta	<u>Wednesday's Burger Time</u>	Chicken Florentine	Fish Tikka Masala	Mashed Potato	White Rice
			Vegetable Patties in Onion Gravy						Garlic Rice
			Harra Channa Masala						
Thu 21.03.19	Parsnip Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Lasagna Verde	Stir Fry Beef with Broccoli	Chicken Tikka Biryani (Boneless)	Arabic Style Fish Kebab	Baked Croquette Potato	White Rice
			Zucchini Au Gratin						
			Eggplant and Potato Curry						

LUNCH MENU FOR THE MONTH OF MARCH 2019

Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 24.03.19	Roasted Pumpkin Soup		Steamed Vegetables	Lasagna Al Forno	Beef Stew with Baby Corn & Mushroom	Chicken Teriyaki	Fish Fillet with Garlic Sauce	Mashed Apple and Potato	White Rice
			Mushroom Ala King						Jasmine Rice
			Kaddu Channa						
Mon 25.03.19	Potato, Onion and Leek Soup	Chicken Satay (Nut Free)	Grilled Vegetables	Pasta Alfredo with Sundried Tomato and Veggies	Lamb Tagine with Apricot	<u>Monday's Create your Own Pasta</u>	Sweet and Sour Fish	Sautéed Potato with Onion and Garlic	White Rice
			Vegetable Shepherd's Pie						Vermicelli Rice
			Aloo Karela						
Tue 26.03.19	Celery and Fuji Apple Soup	Grilled Fish with Asparagus Sauce	Steamed Vegetables	Shell Pasta Primavera	Beef and Potato Curry	Chicken Machboos	<u>Tuesday's Chinese Noodles</u>	Lemon and Parsley Potato	White Rice
			Vegetable Ratatouille						
			Beetroot Thoran						
Wed 27.03.19	Chicken Tortilla Soup	<u>Wednesday's Burger Time</u>	Grilled Vegetables	Macaroni & Cheese	Braised Beef & Vegetables	Chicken Jambalaya – Creole Style	Fish Piccata	Hungarian Paprika Potato	White Rice
			Vegetable Ravioli						Mexican Rice
			Shahi Korma						
Thu 28.03.19	Winter Root Vegetable Soup	<u>Thursday's Pizza Day</u>	Steamed Vegetables	Pasta Moong Bolognese	Beef Bourguignon	Chicken Biryani (Boneless)	Mediterranean Baked Fish in Tomato Sauce	Broccoli Potato	White Rice
			Butter Beans Stew						
			Paneer Mushroom Kolapuri						