

**RAFFLES WORLD ACADEMY – KG 1 & 2, GRADE 1 & 2
LUNCH BOX MENU FOR THE MONTH OF DECEMBER 2017**

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 03/12/2017	UAE NATIONAL DAY				
MONDAY 04/12/2017	Baked Chicken Nuggets Vegetable Chopsuey Jasmine Rice	Baked Vegetable Nuggets Vegetable Chopsuey Jasmine Rice	Chicken Fajita in Tortilla roll	Beetroot and Apple Salad	Fruit Yoghurt
TUESDAY 05/12/2017	Roasted Fish Fillet with Harra Sauce Ginger Glazed Carrots Minted Potato	Butter Beans Stew Ginger Glazed Carrots Minted Potato	Tuna Chef Salad	Mango Paneer Sandwich	Carrot Pudding
WEDNESDAY 06/12/2017	Pasta Formaggio with Turkey and Three Herbs Boiled Carrots and Sweet Peas	Pasta with Lentils Boiled Carrots and Sweet Peas	Turkey Sandwich in Ciabatta Bread	Pasta Salad with Artichoke	Fresh Watermelon Cubes
THURSDAY 07/12/2017	Sweet and Sour Chicken Sauté Cabbage and Red Pumpkin Mexican Rice	Mixed Vegetable Manchurian Sauté Cabbage and Red Pumpkin Mexican Rice	Chicken Caesar Salad	Grilled Vegetable and Feta Crumble Panini	Lemon Pie

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WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 10/12/2017	Beef Steak with Puttanesca Sauce Sauté Mixed Pumpkin and Snow Peas Balsamic Roast Potato with Wedges	Spring Vegetable Cacciatore Sauté Mixed Pumpkin and Snow Peas Balsamic Roast Potato with Wedges	Beef Fajita in Tortilla Roll	Vegetable Fajita	Fruit Yoghurt
MONDAY 11/12/2017	Chipotle Lime Grilled Chicken with Salsa Teriyaki Green Beans and Carrots Oriental Rice	Paneer Mushroom with Light Curry Sauce Teriyaki Green Beans and Carrots Oriental Rice	Chicken Caesar Salad	Grilled Vegetable Sandwich	Custard
TUESDAY 12/12/2017	Local Style Grilled Fish with Biryani Sauce Sauté Sweet Corn and Green Peas Baked Potato	Vegetable Cacciatore Sauté Sweet Corn and Green Peas Baked Potato	Tuna Sandwich in Multi Cereal Bread	Iceberg and Sweet Corn Orange Salad	Diced Pineapple
WEDNESDAY 13/12/2017	Mini Pasta with Turkey Meatballs in Tomato Sauce Sliced Carrots Ala Camille	Mini Pasta with Vegetable Meatballs in Tomato Sauce Sliced Carrots Ala Camille	Chicken Hawaiian Salad	Halloumi Cheese Sandwich	Carrot Cake
THURSDAY 14/12/2017	Sweet Chicken Cube Masala Assorted Grilled Vegetables Peas Pilaf Rice	Roasted Pumpkin Cannelloni Assorted Grilled Vegetables Peas Pilaf Rice	Chicken Panini Sandwich	Lentil Salad	Rockmelon Sticks

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WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 17/12/2017	<p>WINTER BREAK</p>				
MONDAY 18/12/2017					
TUESDAY 19/12/2017					
WEDNESDAY 20/12/2017					
THURSDAY 21/12/2017					

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WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 24/12/2017	<p>WINTER BREAK</p>				
MONDAY 25/12/2017					
TUESDAY 26/12/2017					
WEDNESDAY 27/12/2017					
THURSDAY 28/12/2017					

LUNCH MENU FOR THE MONTH OF DECEMBER 2017

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 03.12.17	UAE National Day								
Mon 04.12.17	Mexican Beans Soup		Sauté Vegetables	Lasagna Al Forno	Bamya Bil Laham	Chicken Florentine	Fish Tikka Masala	Savory Roast Potato	White Rice
			Tendly Chana Masala						Mushroom Rice
Tue 05.12.17	Mediterranean Tomato Soup	<u>Tuesday's Wrap Up</u> Grilled Chicken Fajita Wrap	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 06.12.17	Lentil and Spinach Soup	Grilled Chicken with Cardinal Sauce	Steamed Vegetables	Shell Pasta with Turkey and Napolitana Sauce	Beef and Vegetable Stew		Cajun Fish with Tomato Salsa	Broccoli Potato	White Rice
			Paneer Mushroom Kolapuri						Lemon Rice
Thu 07.12.17	Barley and Vegetable Soup		Grilled Vegetables	Pasta Milanese	Hungarian Beef Goulash	Chicken Biryani (Boneless)	Jamaican Brown Fish Stew	Coriander Roast Potato	White Rice
			Aloo Gobi Masala						

LUNCH MENU FOR THE MONTH OF DECEMBER 2017

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 10.12.17	Cream of Pea Soup		Steamed Vegetables	Lasagna Al Forno	Lamb Mansaf	Chicken Do Piazza	Baked Fish with Parsley Sauce	Lemon and Parsley Potato	White Rice
			Aloo Karela						
Mon 11.12.17	Macaroni Chicken Soup	Grilled Steak with Barbeque Sauce	Grilled Vegetables	Bowtie Pasta with Sundried Tomato and Turkey		Chicken Cacciatore	Kung Pao Fish Fillet	Harra Potato	White Rice
			Dahi Curry						Mushroom Rice
Tue 12.12.17	Heart Italian Soup	<u>Tuesday's Special</u> Roasted Turkey with Cranberry Sauce	Steamed Vegetables	Pasta Shell with Grilled Chicken	Chinese Pepper Steak		Fish Tikka Biryani	Champ Potato	White Rice
			Aloo Bhindi Masala						
Wed 13.12.17	Tomato Rasam Soup	Grilled Fish with Creole Sauce	Steamed Vegetables	Sicilian Pasta	Chili Con Carne	Chicken Machboos		Parsley Potato	White Rice
			Loubieh Bil Zeit						
Thu 14.12.17	Celery and Fuji Apple Soup		Grilled Vegetables	Mini Penne Pasta Bolognese	Healthy Beef Casserole	Chicken Tikka Biryani (Boneless)	Arabic Style Fish Kebab	Balsamic Roast Potato Wedges	White Rice
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Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 17.12.17	<p>“WINTER BREAK”</p>								
Mon 18.12.17									
Tue 19.12.17									
Wed 20.12.17									
Thu 21.12.17									

LUNCH MENU FOR THE MONTH OF DECEMBER 2017

Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 24.12.17	<p>“WINTER BREAK”</p>								
Mon 25.12.17									
Tue 26.12.17									
Wed 27.12.17									
Thu 28.12.17									