

**RAFFLES WORLD ACADEMY  
LUNCH BOX MENU FOR THE MONTH OF JANUARY 2018**

<b>WEEK 2</b>	<b>HOT MEAL NON-VEGETARIAN</b>	<b>HOT MEAL VEGETARIAN</b>	<b>COLD MEAL NON-VEGETARIAN</b>	<b>COLD MEAL VEGETARIAN</b>	<b>DESSERT</b>
<b>SUNDAY 07/01/2018</b>	Lemon and Parsley Potato Beef Stroganoff Carrots in Dill	Lemon and Parsley Potato Mushroom Stroganoff Carrots in Dill	Tuna Salad Sandwich in Whole Wheat Roll	Iceberg Sweet Corn and Orange Salad	Fruit Yoghurt
<b>MONDAY 08/01/2018</b>	Tomato Rice Grilled Fish with Lemon Chive Sauce Honey-glazed Beetroots and Carrots	Tomato Rice Paneer Mutter with Light Curry Sauce Honey-glazed Beetroots and Carrots	Chicken Tandoori Salad	Cheese and Tomato Sandwich	Fruit Trifle with Custard
<b>TUESDAY 09/01/2018</b>	Coriander Potato Chicken Cacciatore Saute Sweet Corn and Green Peas	Coriander Potato Vegetable Cacciatore Saute Sweet Corn and Green Peas	Roast Beef with Whole Wheat Bread	Pasta Salad with Artichoke	Fruit Salad
<b>WEDNESDAY 10/01/2018</b>	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	Fresh Watermelon Cubes
<b>THURSDAY 11/01/2018</b>	Jasmine Rice Baked Chicken with Sautee Tomato and Pepper Sauté Green Beans	Jasmine Rice Vegetable Greek Style Sauté Green Beans	Roast Chicken with Guacamole in Baguette	Mango Paneer Sandwich	Mohalabieh

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<b>WEEK 3</b>	<b>HOT MEAL NON-VEGETARIAN</b>	<b>HOT MEAL VEGETARIAN</b>	<b>COLD MEAL NON-VEGETARIAN</b>	<b>COLD MEAL VEGETARIAN</b>	<b>DESSERT</b>
<b>SUNDAY 14/01/2018</b>	Lemon Rice Baked Chicken with Spinach and Cream Sauce Boiled Carrots and Sweet Peas	Lemon Rice Vegetable Cacciatore Boiled Carrots and Sweet Peas	Chicken Hawaiian Salad	Four Beans Salad	Fruit Yoghurt
<b>MONDAY 15/01/2018</b>	Creole Roast Potato Beef Steak with Puttanesca Sauce Steamed Sweet Corn and Green Peas	Creole Roast Potato Mushroom Stroganoff Steamed Sweet Corn and Green Peas	Beef Fajita in Tortilla Roll	Rainbow Salad	Diced Pineapple
<b>TUESDAY 16/01/2018</b>	Mint & Coriander Rice Fish Fillet Italian Saute Cut Green Beans and Carrots	Mint & Coriander Rice Vegetable Ala King Saute Cut Green Beans and Carrots	Tuna Chef Salad	Lentil Salad	Lemon Pie
<b>WEDNESDAY 17/01/2018</b>	Pasta Casserole with Turkey, Vegetables & Cheese Assorted Grilled Vegetables	Mini Pasta with Spinach in Creamy Sauce Assorted Grilled Vegetables	Grilled Chicken Wrap	Panini Sandwich in Whole Wheat Roll	Rock Melon Cubes
<b>THURSDAY 18/01/2018</b>	Jasmine Rice Chicken Marengo Saute Cabbage and Red Pumpkin	Jasmine Rice Vegetable Chopsuey Saute Cabbage and Red Pumpkin	Beef Salad with Grilled Pepper and Mushroom	Rocca and Sweet Corn Salad	Apple Crumble

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<b>WEEK 4</b>	<b>HOT MEAL NON-VEGETARIAN</b>	<b>HOT MEAL VEGETARIAN</b>	<b>COLD MEAL NON-VEGETARIAN</b>	<b>COLD MEAL VEGETARIAN</b>	<b>DESSERT</b>
<b>SUNDAY 21/01/2018</b>	Jasmine Rice Sweet Chicken Cube Masala Saute Cabbage and Red Pumpkin	Jasmine Rice Vegetable Makhanwala Saute Cabbage and Red Pumpkin	Beef Salad with Grilled Pepper & Mushrooms	Aegean Summer Salad	Fruit Yoghurt
<b>MONDAY 22/01/2018</b>	Chateau Potato Italian Meatballs in Tomato Sauce Saute Peas and Carrots	Chateau Potato Vegetable Fajitas with Tofu Saute Peas and Carrots	Omelette in Tortilla Bread	Rocca & Sweet Corn Salad	Banana Oats Cake
<b>TUESDAY 23/01/2018</b>	Mushroom Rice Grilled Fish Ala Greek Honey-glazed Beetroot and Carrots	Mushroom Rice Grandmas Vegetable Casserole Honey-glazed Beetroot and Carrots	Chicken Panini Sandwich	Panini Sandwich in Whole Wheat Roll	Watermelon Cubes
<b>WEDNESDAY 24/01/2018</b>	Shell Pasta Ala Ortolano Assorted Grilled Vegetable	Shell Pasta with Vegetables Assorted Grilled Vegetable	Tuna Sandwich in Multi Cereal Bread	Vegetable Tikka Sandwich	Sticky Toffee Pudding
<b>THURSDAY 25/01/2018</b>	Chicken Biryani Vegetable Cacciatore	Vegetable Biryani Vegetable Cacciatore	Oriental Chicken Salad	Russian Salad	Low Fat Yoghurt

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<b>WEEK 5</b>	<b>HOT MEAL NON-VEGETARIAN</b>	<b>HOT MEAL VEGETARIAN</b>	<b>COLD MEAL NON-VEGETARIAN</b>	<b>COLD MEAL VEGETARIAN</b>	<b>DESSERT</b>
<b>SUNDAY 28/01/2018</b>	Healthy Beef Casserole Steamed Coin Carrots and Turnip Champ Potato	Butter Beans Stew Steamed Coin Carrots and Turnip Champ Potato	Chicken Tandoori Salad	Vegetable Fajitas	Fruit Yoghurt
<b>MONDAY 29/01/2018</b>	Chicken Machboos Vegetable Casserole	Vegetable Machboos Vegetable Casserole	Roast Chicken with Guacamole in Baguette	Beetroot and Apple Salad	Fruity Mini Muffin
<b>TUESDAY 30/01/2018</b>	Fish Fillet with Garlic Sauce Zesty Green Peas & Squash	Ravioli Provencal Zesty Green Peas & Squash Savoury Roast Potato	Tuna Sandwich in Multi Cereal Bread	Russian Salad	Lemon Pie
<b>WEDNESDAY 31/01/2018</b>	Bow Tie Pasta with Sundried Tomato and Turkey Sliced Carrots Ala Camille	Bow Tie Pasta with Sundried Tomato Sliced Carrots Ala Camille	Turkey with Ice berg Lettuce in Chappati Bread	Rocca and Sweet Corn Salad	Carrot Pudding
<b>THURSDAY</b>					

## LUNCH MENU FOR THE MONTH OF JANUARY 2018

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 07.01.18	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 08.01.18	Macaroni Chicken Soup	Roast Beef with Homemade Gravy	Grilled Vegetables	Mexican Meat Lasagna		Chicken Cacciatore	Kung Pao Fish Fillet	Creamy Mashed Potato	White Rice
			Dahi Curry						Mushroom Rice
Tue 09.01.18	Asparagus Soup	<u>Tuesday's Wrap Up</u> Grilled Chicken Wrap	Steamed Vegetables	Baked Macaroni Bolognese	Italian Meatballs in Tomato Sauce	Butter Chicken	Fish Steak Layer with Eggplant, Tomato & Cinnamon	Potato Milanese	White Rice
			Aloo Beans Bhaji						
Wed 10.01.18	Thai Style Pumpkin Soup	Grilled Fish with Asparagus Sauce	Grilled Vegetables	Grilled Vegetable and Pasta Baked	Sheikh Al Mashi	Sweet and Sour Chicken		Lyonnais Potato	White Rice
			Dahi Pakoda						Vermicelli Rice
Thu 11.01.18	Sweetcorn Soup		Steamed Vegetables	Baked Pasta with Roasted Pumpkin and Ricotta	Chinese Pepper Steak	Chicken Biryani (Boneless)	Kung Pao Fish Fillet	Harra Potato	White Rice
			Bhaingan Chole Masala						

## LUNCH MENU FOR THE MONTH OF JANUARY 2018

Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 14.01.18	Zucchini and Dill Soup		Steamed Vegetables	Lasagna Al Forno	Ginger Beef Peking Style	Chicken Supreme	Samak Machboos	Sautéed Potato with Onion and Garlic	White Rice
			Aloo Bhindi Masala						
Mon 15.01.18	Egg Drop Soup	Grilled Fish Ala Greek	Grilled Vegetables	Mini Penne Pasta Bolognese	Healthy Beef Casserole	Mongolian Style Chicken		Greek Style Potato	White Rice
			Panner Jalfrezi						Lemon Rice
Tue 16.01.18	Mediterranean Tomato Soup	<u>Tuesday's Wrap Up</u> 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 17.01.18	Yellow Lentil Soup	Hawaiian Barbeque Chicken Balls	Grilled Vegetables	Bowtie Pasta with Sundried Tomato and Turkey	Lamb and Potato Stew		Samak Harra	Savory Roast Potato	White Rice
			Loubieh Bil Zeit						Vermicelli Rice
Thu 18.01.18	Cauliflower Soup		Steamed Vegetables	Pasta Moong Bolognese	Doud Basha	Chicken Tikka Biryani (Boneless)	Fish Mango Curry	Smiley Potato	White Rice
			Shahi Korma						

## LUNCH MENU FOR THE MONTH OF JANUARY 2018

Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 21.01.18	Red Cabbage and Apple Soup		Steamed Vegetables	Lasagna Al Forno	Stuffed Vine Leaves and Marrow	Chicken Makhanwala	Fish Biryani	Coriander Roast Potato	White Rice
			Cauliflower Tomato Masala						
Mon 22.01.18	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 23.01.18	Butternut Squash Soup	<u>Tuesday's Wrap Up</u> Chicken Tikka Wrap	Steamed Vegetables	Baked Macaroni Bolognese	Italian Meatballs in Tomato Sauce	Chicken Machbous	Herb Crusted Fish Carrot Sauce	Potato Milanese	White Rice
			Paneer Mushroom Kolapuri						
Wed 24.01.18	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 25.01.18	Indonesian Carrot Soup		Steamed Vegetables	Shell Pasta with Turkey and Napolitana Sauce	Kofta Kebab with Condiments	Chicken Biryani (Boneless)	Jamaican Brown Fish Stew	Twice Baked Potato	White Rice
			Aloo Gobi Masala						

