

LUNCH MENU FOR THE MONTH OF FEBRUARY 2018

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Thu 01.02.18	Parsnip Soup		Steamed Vegetables Vegetable Jalfrezi	Lasagna Verde	Bamya Bil Laham	Chicken Tikka Biryani (Boneless)	Arabic Style Fish Kebab	Baked Croquette Potato	White Rice

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Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 04.02.18	Broccoli Soup	Grilled Dory Fish with Creamy Chives Sauce	Steamed Vegetables	Lasagna Al Forno	Lamb Makhloubeh with Yoghurt	Butter Chicken		Creole Roast Potato	White Rice
			Chole Palak						
Mon 05.02.18	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 06.02.18	Provençal Soup	Grilled Fish Fillet with Dill	Steamed Vegetables	Spaghetti Bolognese	American Meatballs with Red Sauce	Chicken Escalope	<u>Tuesday's Wrap Up</u> Chicken Tikka Wrap	Greek Style Roast Potato	White Rice
			Shahi Korma						
Wed 07.02.18	Chicken and Mushroom Soup	Grilled Chicken Strips with Lemon and Pepper Sauce	Grilled Vegetables	Mini Pasta Arabiatta with Turkey	Lamb Tagine with Apricot		Fish Fillet with Garlic Sauce	Broccoli Potato	White Rice
			Beans and Red Pumpkin Curry						Vermicelli Rice
Thu 08.02.18	Sweetcorn Soup		Steamed Vegetables	Baked Pasta with Roasted Pumpkin and Ricotta	Beef Stroganoff	Chicken Biryani (Boneless)	Baked Fish with Parsley Sauce	Mashed Potato	White Rice
			Bhaingan Chole Masala						

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Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 11.02.18	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
			Aloo Gobi Masala						
Mon 12.02.18	Egg Drop Soup	Grilled Chicken with Cardinal Sauce	Grilled Vegetables	Mini Penne Pasta Bolognese	Healthy Beef Casserole		Cajun Fish with Tomato Salsa	Roast Potato Wedges	White Rice
			Panner Jalfrezi						Lemon Rice
Tue 13.02.18	Butternut Squash Soup	<u>Tuesday's Wrap Up</u> Grilled Shawarma Wrap	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
		Eggplant and Potato Curry							
Wed 14.02.18	MID-TERM Break								
Thu 15.02.18	MID-TERM Break								

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Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 18.02.18	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
			Cauliflower Tomato Masala						
Mon 19.02.18	Lentil and Spinach Soup	Grilled Fish Ala Greek	Grilled Vegetables	Shell Pasta with Turkey and Napolitana Sauce	Beef and Vegetable Stew	Mongolian Style Chicken		Potato Milanese	White Rice
			Paneer Mushroom Kolapuri						Mushroom Rice
Tue 20.02.18	Roasted Pumpkin Soup	<u>Tuesday's Wrap Up</u> Grilled Chicken Wrap	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
		Tendly Chana Masala							
Wed 21.02.18	Tomato and Basil Soup	Hawaiian Barbeque Chicken Balls	Grilled Vegetables	Penne Arabiatta	Hungarian Beef Goulash		Samakeh Harra	Coriander Roast Potato	White Rice
			Vegetable Salona						Vermicelli Rice
Thu 22.02.18	Indonesian Carrot Soup		Steamed Vegetables	Penne Pasta Ala Ratatouille	Kofta Kebab with Condiments	Chicken Tikka Biryani (Boneless)	Jamaican Brown Fish Stew	Twice Baked Potato	White Rice
			Aloo Rajma Masala						



**RAFFLES WORLD ACADEMY – KG 1 & 2, GRADE 1 & 2
LUNCH BOX MENU FOR THE MONTH OF FEBRUARY 2018**

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
THURSDAY 01.02.18	White Rice Beef Stroganoff Carrots in Dill	White Rice Mushroom Stroganoff Carrots in Dill	Tuna Salad Sandwich in Whole Wheat Roll	Iceberg Sweet Corn and Orange Salad	Fruit Trifle with Custard

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WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 04.02.18	Baked Chicken Balls with Sweet and Sour Sauce Ginger Glazed Carrots Vegetable Rice	Baked Vegetable Balls with Sweet and Sour Sauce Ginger Glazed Carrots Vegetable Rice	Roast Chicken with Guacamole in Baguette Bread	Cheese and Tomato Sandwich	Fruit Yoghurt
MONDAY 05.02.18	Roast Beef with Homemade Gravy Roasted Beetroot and Pumpkin Mashed Potato	Mini Vegetable Patties with Homemade Gravy Roasted Beetroot and Pumpkin Mashed Potato	Beef Fajita in Tortilla Roll	Mediterranean Vegetable Salad	Banana Custard
TUESDAY 06.02.18	Fish Fillet with Garlic Sauce Steamed Sweet Corn and Green Peas Lemon Rice	Ravioli Provencal Steamed Sweet Corn and Green Peas Lemon Rice	Tuna Sandwich in Multi-Cereal Bread	Russian Salad	Fruity Mini Muffin
WEDNESDAY 07.02.18	Pasta Shells with Grilled Turkey in Tomato Sauce Assorted Grilled Vegetable	Pasta Shells with Grilled Vegetables in Tomato Sauce Assorted Grilled Vegetable	Turkey Panini Sandwich	Asian Coleslaw Salad	Carrot Cake without Cream
THURSDAY 08.02.18	Beef Steak with Puttanesca Sauce Roasted Potato with Herbs Sauté Cut Green Beans	Spring Vegetable Cacciatore Roasted Potato with Herbs Sauté Cut Green Beans	Chicken Caesar Salad	Grilled Vegetable Sandwich	Fresh Watermelon Cubes

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WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 11.02.18	Baked Chicken with Sautee Tomato and Pepper Tomato Rice Sauté Sweet Corn and Carrots	Vegetable Greek Style Tomato Rice Sauté Sweet Corn and Carrots	Roast Chicken with Guacamole in Baguette	Mango Paneer Sandwich	Fruit Yoghurt
MONDAY 12.02.18	Grilled Fish with Green Peas Puree Assorted Grilled Vegetables Coriander Potato	Grandmas Vegetable Casserole Assorted Grilled Vegetables Coriander Potato	Tuna Twist Pasta Salad	Rainbow Salad	Summer Fruit Trifle
TUESDAY 13.02.18	Beef in Hong Kong Style Sauté Cabbage and Red Pumpkin Saffron Rice	Vegetable Fajitas with Tofu Sauté Cabbage and Red Pumpkin Saffron Rice	Beef Salad with Grilled Pepper and Mushroom	Lentil Salad	Mixed Melon Cubes
WEDNESDAY 14.02.18	MID-TERM BREAK				
THURSDAY 15.02.18	MID-TERM BREAK				

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WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 18.02.18	Chinese Roast Chicken Cubes 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	Fruit Yoghurt
MONDAY 19.02.18	Mediterranean Baked Fish Fillet in Tomato Sauce Steamed Carrots and Cut Beans Garlic Rosemary Potato	Vegetable Cutlets in Tomato Sauce Steamed Carrots and Cut Beans Garlic Rose Mary Potato	Tuna Nicoise Salad	Halloumi Cheese in Panini	Diced Pineapple
TUESDAY 20.02.18	Grilled Beef Strips with Assorted Pepper Sauce Mushroom Rice Roasted Beetroot and Carrots	Vegetable Ratatouille Mushroom Rice Roasted Beetroot and Carrots	Roast Beef Sandwich	Roasted Pumpkin with Dates and Rocca Salad	Orange Smiley
WEDNESDAY 21.02.18	Greek Style Mini Pasta with Vegetable and Turkey Assorted Grilled Vegetables	Greek Style Mini Pasta with Roasted Vegetables Assorted Grilled Vegetables	Turkey Avocado in Baguette Bread	Four Beans Salad	Fruit Salad
THURSDAY 22.02.18	Chicken Ala King Sauté Peas and Pumpkin Hungarian Paprika Potato	Vegetable Ala King Sauté Peas and Pumpkin Hungarian Paprika Potato	Roast Chicken with Guacamole in Baguette	Mango Paneer Sandwich	Fruit Custard

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WEEK 5	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 25.02.18	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
MONDAY 26.02.18	Chicken Marengo Peas Pilaf Rice Boiled Carrots and Peas	Three Beans Casserole Peas Pilaf Rice Boiled Carrots and Peas	Tuna Sandwich in Multi- Cereal Bread	Vegetable Tikka Sandwich	Mouhalabieh
TUESDAY 27.02.18	Grilled Fish with Lemon Chive Sauce Zesty Snow Peas and Squash Baked Croquette Potato	Vegetable Manchurian Zesty Snow Peas and Squash Baked Croquette Potato	Oriental Chicken Salad	Aegean Summer Salad	Fruity Mini Muffin
WEDNESDAY 28.02.18	Pasta Formaggio with Turkey & Three Herbs Assorted Grilled Vegetables	Pasta in Pink Sauce with Asparagus & Artichoke Assorted Grilled Vegetables	Turkey and Cranberry in Ciabatta Bread	Mediterranean Vegetable Salad	Rock Melon Cubes