

LUNCH MENU FOR THE MONTH OF MARCH 2018

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Thu 01.03.18	Sweetcorn Soup		Steamed Vegetables Bhaingan Chole Masala	Baked Pasta with Roasted Pumpkin and Ricotta	Beef Steak with Pepper Sauce	Chicken Biryani (Boneless)	Kung Pao Fish Fillet	Harra Potato	White Rice

LUNCH MENU FOR THE MONTH OF MARCH 2018

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 04.03.18	Zucchini and Dill Soup		Steamed Vegetables	Lasagna Al Forno	Beef Stroganoff	Chicken Supreme	Samak Machboos	Mashed Potato	White Rice
			Aloo Bhindi Masala						
Mon 05.03.18	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)		Roasted Potato with Herbs	White Rice
			Channa Masala						Vermicelli Rice
Tue 06.03.18	Pumpkin and New England Soup	<u>Tuesday's Wrap Up</u> Grilled Chicken Wrap	Steamed Vegetables	Rigatoni Primavera	Chili Con Carne	Chicken Korma	Fish Steak Layer with Eggplant, Tomato & Cinnamon	Oven Baked Potato Wedges	White Rice
Wed 07.03.18	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
Thu 08.03.18	Indonesian Carrot Soup		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
			Aloo Gobi Masala						

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Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 11.03.18	Red Cabbage and Apple Soup		Steamed Vegetables	Lasagna Al Forno	Stuffed Vine Leaves and Marrow	Chicken Marengo	Fish Biryani	Coriander Roast Potato	White Rice
			Cauliflower Tomato Masala						
Mon 12.03.18	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 13.03.18	Tomato Rasam Soup	Iranian Grilled Fish with Saffron Sauce	Steamed Vegetables	Shell Pasta Primavera	Beef Irish Stew	Chicken Mackloubeh	<u>Tuesday's Wrap Up</u> Chicken Fajita Wrap	Anna Potato	White Rice
			Vegetable Do Pyaza						
Wed 14.03.18	Macaroni Chicken Soup	Grilled Chicken with Rosemary Sauce	Grilled Vegetables	Pasta with Creamy Honey Basil Sauce	Doud Basha		Herb Crusted Fish Carrot Sauce	Balsamic Roast Potato Wedges	White Rice
			Dahi Curry						Lemon Rice
Thu 15.03.18	Cauliflower Soup		Steamed Vegetables	Grilled Vegetable and Pasta Baked	Beef Paprika with Roasted Pepper	Chicken Biryani (Boneless)	Fish Mango Curry	Smiley Potato	White Rice
			Vegetable Salona						

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Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 18.03.18	Minestrone Soup	Grilled Fish Meuniere	Steamed Vegetables	Lasagna Al Forno	Lamb Biryani (Boneless)	Chicken Ala King		Oven Baked Potato Wedges	White Rice
			Navratan Korma						
Mon 19.03.18	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
Tue 20.03.18	Butternut Squash Soup	<u>Tuesday's Wrap Up</u> Chicken Tikka Wrap	Steamed Vegetables	Baked Macaroni Bolognese	Italian Meatballs in Tomato Sauce	Chicken Kabsa	Herb Crusted Fish Carrot Sauce	Potato Milanese	White Rice
Wed 21.03.18	Mexican Beans Soup		Grilled Vegetables	Pasta Arabiatta	Hungarian Beef Goulash	Chicken Florentine	Fish Tikka Masala	Anna Potato	White Rice
			Aloo Kaddu Curry						Mushroom Rice
Thu 22.03.18	Parsnip Soup		Steamed Vegetables	Lasagna Verde	Stir Fry Beef with Broccoli	Chicken Tikka Biryani (Boneless)	Arabic Style Fish Kebab	Baked Croquette Potato	White Rice
	Lahori Tendli Channa								

LUNCH MENU FOR THE MONTH OF MARCH 2018

Week 5	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 25.03.18	<h1>SPRING BREAK</h1>								
Mon 26.03.18									
Tue 27.03.18									
Wed 28.03.18									
Thu 29.03.18									

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

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY 01.03.18	Baked Chicken Balls with Sweet & Sour Sauce Boiled Carrots and Peas White Rice	Baked Vegetable Balls with Sweet & Sour Sauce Boiled Carrots and Peas White Rice	Grilled Chicken Wrap	Vegetable Tikka Sandwich	Diced Pineapple

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

WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 04.03.18	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 Yoghurt
MONDAY 05.03.18	Chicken Ala King Saute Peas and Pumpkin Tomato Rice	Vegetable Ala King Saute Peas and Pumpkin Tomato Rice	Chicken Tikka with Cucumber Wrap	Mango Paneer Sandwich	Sweet Melon
TUESDAY 06.03.18	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	Profiterole Custard
WEDNESDAY 07.03.18	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	Fresh Watermelon Cubes
THURSDAY 08.03.18	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 Cake without Cream

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WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 11.03.18	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 Yoghurt
MONDAY 12.03.18	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 13.03.18	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 Salad
WEDNESDAY 14.03.18	Greek Style Mini Pasta with Vegetables and Turkey Assorted Grilled Vegetables	Greek Style Mini Pasta with Vegetables Assorted Grilled Vegetables	Turkey with Iceberg Lettuce in Chappati Bread	Cheese and Tomato Sandwich	Mouhalabieh
THURSDAY 15.03.18	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

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WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 18.03.18	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 Yoghurt
MONDAY 19.03.18	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 20.03.18	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 Trifle with Custard
WEDNESDAY 21.03.18	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	Mango Pudding
THURSDAY 22.03.18	Chicken Biryani Vegetable Makhanwala	Vegetable Biryani Vegetable Makhanwala	Grilled Chicken Wrap	Russian Salad	Low-Fat Plain Yoghurt

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WEEK 5	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 25.03.18	SPRING BREAK				
MONDAY 26.03.18	SPRING BREAK				
TUESDAY 27.03.18	SPRING BREAK				
WEDNESDAY 28.03.18	SPRING BREAK				
THURSDAY 29.03.18	SPRING BREAK				