

LUNCH MENU FOR THE MONTH OF JUNE 2017

Week 1	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 28.05.17									
Mon 29.05.17									
Tue 30.05.17									
Wed 31.05.17									
Thu 01.06.2017	Caribbean Papaya and Orange Soup		Roasted Vegetable	Pasta Formaggio	Peri-Peri African Kebab	Chicken Biryani	Pan-fried Batter Fish with Light Tartar Sauce	Delmonico Potato	White Rice
			Subzi Vindaloo						

LUNCH MENU FOR THE MONTH OF JUNE 2017

Week 2	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 04.06.2017	Parsnip and Apple Soup w/ Thyme	Grilled American Captains Chicken	Steamed Vegetables	Beef Lasagne			Samak Harra	Potato Gratin	White Rice
			Beetroot Thoran						
Mon (MEATLESS) 05.06.2017	Summer Vegetable Soup	Egg Yellow Curry	Sautéed Vegetables	Pasta w/ Roasted Eggplant & Feta Marinara	Vegetarian Korma	Vegetarian Swedish Meatballs w/ Brown Gravy	Vegetable Biryani	Whole Baked Potato	White Rice
			Gobi Tomato Masala						Chapatti
Tue 06.06.2017	Carrot -Lime Beans Soup	<u>Tuesday's Wrap Up</u> Grilled Chicken Wrap	Baked Vegetables	Shell Pasta w/ Chickpeas, Leek and Rose Sauce	Beef w/ Baby Onion & Mushroom	Grilled Chicken w/ Tostadas Sauce	Tortilla Crust Baked Fish	Anna Potato	White Rice
			Aloo Methi Mutter						
Wed 07.06.2017 Italian Theme Day	Lemony Lentil and Spinach Soup		Steamed Vegetables	Mushroom Ravioli w/ Saffron Garlic Sauce	Northern Italian Beef Stew	Italian Stuffed Chicken	Baked White Fish w/ Simple Tomato Sauce	Garlic Rosemary Roasted Potato	White Rice
			Moghul Style Mix Vegetable						Brown Rice
Thu 08.06.2017	Slim and Trim Vegetable Chicken Soup	Grilled Fish w/ Tomato	Roasted Vegetables	Pasta w/ Mushroom Asparagus & Herb Sauce	Cajun Roast Beef w/ Homemade Gravy	Chicken Tikka Biryani		Oven-baked Potato Wedges	White Rice
			Aloo Karela						

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Week 3	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 11.06.2017	Asparagus and Leek Soup	Nut-free Pesto Grilled Fish w/ Roasted Vegetable	Steamed Vegetable	Beef Lasagne	Koussa Warak	Chicken Chettinad		Cajun Roast Potato	White Rice
			Chole Bhaingan						
Mon (MEATLESS) 12.06.2017	French-Canadian Vegetable Soup	Mushroom Stroganoff	Roasted Vegetables	Asian Stir- fry Garlic Noodles	Vegetarian Steak w/ Pepper Sauce	Paneer Makhanwala	Vegetable Biryani	Mashed Potato	White Rice
			Chandni Vegetable Korma						Chapatti
Tue 13.06.2017	Carrot and Orange soup	<u>Tuesday's Wrap Up</u> Chicken Tikka Wrap	Sautéed Vegetables	Penne Putanesca	Mexican Beef Supreme	Italian Roast Chicken w/ Provençal Sauce	Baked Fish Nicosia	Cowboy Potato	White Rice
		HarraChanna Masala							
Wed 14.06.17 Portuguese Theme Day	Lentil Soup		Baked Vegetables	Massadade Peixe (pasta)	Bifes de Cebolada (Beef & Onion)	Portuguese Peri-Peri Chicken	Portuguese Style Baked Fish	Dannygirl's Parisienne Potato	White Rice
			Vegetable Kolaphuri						Portuguese Yellow Rice
Thu 15.06.17	Mexican Beans Soup	Grilled Fish with Greek Tomato Red Onion & Feta	Steamed Vegetables	Baked Macaroni with Vegetable & Cheese	Beef Emince with Dijon Mustard Sauce	Chicken Biryani		Harra Potato	White Rice
		Avial Vegetable Curry							

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Week 4	Soup	Grilled	Vegetarian	Pasta	Lamb / Beef	Chicken	Fish / Seafood	Potato	Rice
Sun 18.06.17	Chicken Freekeh Soup		Steamed Vegetables	Beef Lasagne	Laban Ummo w/ Lamb	Parmesan Chicken w/ Pizzaiola Sauce	Lemon Pepper Grilled Fish	Savory Roast Potato	White Rice
			Kurmuri Bhindi						
Mon (MEATLESS) 19.06.17	Cream of Mushroom Soup	Vegetable Makhanwala	Roasted Vegetable	Spaghetti w/ Garlic	Vegetarian Meatballs w/ Brown Gravy	Egg & Potato Adobo	Vegetable Biryani	Dauphinoise Potato	White Rice
			Beans Thoran						Chapatti
Tue 20.06.17	Chicken Cilantro Lime Soup	Grilled Chicken w/ Saffron Dill Sauce	Sautéed Vegetables	Penne with Mushroom Green Pea & Zucchini in Tarragon Cream Sauce	Lamb Hong Kong Style	<u>Tuesday's Wrap Up</u> Chicken Fajitas Wrap	Thai Fish Green Curry	Lyonnais potato	White Rice
Wed 21.06.17 Philippines Theme Day	Cock-a-leekie Soup		Baked Vegetables	Pancit Canton	Beef Bulalo with Pechay	Chicken Embutido	Fish Fillet Escabeche	Normandy Potato	White Rice
			Tindly Bhaji						Jasmine Rice
Thu 22.06.17	Roasted Tomato Barley Soup		Steamed Vegetables	Linguine with Artichoke & Nut-free Pesto Cream Sauce	Thai Style Jerky Beef Steak	Chicken Biryani	Fish Tikka Masala	Cajun Potato Wedges	White Rice
			Aloo Palak						

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

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY 01/06/17	Butter Chicken (Light Tomato Sauce) Steamed Peas and Sweet Corn Pilaf Rice	Vegetable Makhanwala Steamed Peas and Sweet Corn Pilaf Rice	Chicken Tikka in Tortilla Bread	California Green Salad	Mouhalabieh

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WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 04/06/17	Beef Pepper Con Carne Seasoned Cut Beans and Cauliflower Mashed Potato	Vegetable Pepper Con Carne Seasoned Cut Beans and Cauliflower Mashed Potato	Chicken Tandoori and Mango Chutney in Chapatti Bread	Vegetable Crudités with Guacamole Dip	Fruit Yoghurt
MONDAY 05/06/17	Chicken Supreme with Baby Corn and Mushroom Steamed Broccoli and Capsicum White Rice	Vegetable Hotpot with Butter Beans Steamed Broccoli and Capsicum White Rice	Roasted Beef in Ciabatta Bread	Hummus and Roast Capsicum Antipasto Pinwheels	Sticky Toffee Pudding
TUESDAY 06/06/17	Grilled Fillet Salmon with Lemon Dill Sauce Honey-glazed Beetroot and Carrot Roast Cube Potato with Fresh Herb	Vegetable Parcel with Tomato Sauce Honey-glazed Beetroot and Carrot Roast Cube Potato with Fresh Herb	Tuna Twist Pasta Salad	Roasted Broccoli and Grilled Cheese Sandwich	Mixed Melon
WEDNESDAY 07/06/17	Baked Macaroni and Cheese with Sundried Tomato and Turkey Sauté Marrow and Sweet Corn	Greek-style mini Pasta with Sundried Tomato Sauté Marrow and Sweet Corn	Warm Chicken Salad with Mango and Avocado	Freekeh Salad with Arugula and Sundried Tomato	Mango Rice Pudding
THURSDAY 08/06/17	Baked Chicken Fingers with Honey Ginger Sauce Vegetable Manchurian Saffron Rice	Baked Vegetable Patties with Honey Ginger Sauce Vegetable Manchurian Saffron Rice	Turkey with Cranberry and Avocado Sandwich	Grilled Halloumi Cheese and Cucumber in Brown Bread	Fruit Salad

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WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 11/06/17	Beef Paprika with Roasted Pepper Roasted Turnip and Carrot Peas Pilaf Rice	Baby Corn and Mushroom Paprika with Roasted Pepper Roasted Turnip and Carrot Peas Pilaf Rice	Balsamic Grilled Chicken in Whole Meal Bread	Greek Pasta Salad	Fruit Yoghurt
MONDAY 12/06/17	Creamy Tuscan Grilled Chicken Steamed Zucchini and Squash Baked Smiley Potato and Cubes	Vegetable Steak with Mushroom Sauce Steamed Zucchini and Squash Baked Smiley Potato & Cubes	Grilled Beef Caesar Salad	Vegetable Fajita in Tortilla Bread	Carrot Pudding
TUESDAY 13/06/17	Tuna Leek and Potato Patties with Sweet Sauce Vegetable Ragout	Lentil and Quinoa Patties with Sweet Sauce Vegetable Ragout	Turkey Avocado in Baguette Bread	Kale Salad with Roast Vegetable	Pineapple Cubes
WEDNESDAY 14/06/17	Pasta Rapido with Parsley Turkey and Roasted Vegetable Sauté Broccoli and Sweet Corn	Pasta Rapido with Parsley and Roasted Vegetable Sauté Broccoli and Sweet Corn	Club Sandwich	Grilled Pumpkin Cheese and Lettuce Sandwich	Pumpkin Dates Pudding
THURSDAY 15/06/17	Chicken Fruity Curry Steamed Carrot and Green Beans Brown Rice	Paneer and Mushroom Fruity Curry Steamed Carrot and Green Beans Brown Rice	Thai Noodles Salad with Grilled Chicken	Mango Paneer Sandwich	Fruit Custard

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WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 18/06/17	Chicken Cube with Hoisin and Honey Sauce Sauté Pumpkin and Peas Vegetable Lo Mein	Vegetable Balls with Hoisin and Honey Sauce Sauté Pumpkin and Peas Vegetable Lo Mein	BBQ Chicken and Grilled Pineapple in Brown Baguette	Paneer Scrambled in Chapatti Roll	Fruit Yoghurt
MONDAY 19/06/17	Grilled Beef Steak Leek and Mushroom Ragout Steamed Cauliflower and Broccoli BBQ Roast Cube Potato	Chickpea and Leek Cutlets with Leek and Mushroom Ragout Steamed Cauliflower and Broccoli BBQ Roast Cube Potato	Beef, Arugula and Cheese Grilled Sandwich	Southwest Hummus Wrap	Watermelon Cubes
TUESDAY 20/06/17	Grilled Fish Fillet with Lemon Butter Sauce Vegetable Hotpot White Rice	Baked Vegetable Cutlet with Lemon Butter Sauce Vegetable Hotpot White Rice	Chicken Caesar Salad	Watermelon Feta Crumbled Salad	Banana Oats Pudding
WEDNESDAY 21/06/17	Mini Pasta with Turkey and Broccoli Light Cream Sauce Sauté Carrot and Green Zucchini Sticks	Mini Pasta with Broccoli Light Cream Sauce Sauté Carrot and Green Zucchini Sticks	Tuna Antipasti in Baguette	Roasted Mushroom and Mozzarella Baguette	Rock Melon Sticks
THURSDAY 22/06/17	Chicken Korma in Light Gravy Buttered Sweet Corn and Peas Tomato Pilaf Rice	Vegetable Korma in Light Gravy Buttered Sweet Corn and Peas Tomato Pilaf Rice	Turkey Salad with Mango and Avocado	Corn and Black Bean Burritos	Mixed Fruit Cubes with Plain Yoghurt (Low Fat)

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WEEK 5	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 25/06/17	SCHOOL BREAK				
MONDAY 26/06/17	SCHOOL BREAK				
TUESDAY 27/06/17	SCHOOL BREAK				
WEDNESDAY 28/06/17	SCHOOL BREAK				
THURSDAY 29/06/17	SCHOOL BREAK				