

**COLLEGIATE AMERICAN SCHOOL – PRE-KG, KG 1 & 2, GRADE 1 & 2
LUNCH BOX MENU FOR THE MONTH OF NOVEMBER 2017**

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY 01/11/2017	Shell Pasta with Minced Meat in Bechamel Sauce Assorted Grilled Vegetables	Vegetarian Shell Pasta in Bechamel Sauce Assorted Grilled Vegetables	Beef Salad with Grilled Pepper and Mushroom	Grilled Vegetable and Feta Crumble Panini	Fresh Watermelon Cubes
THURSDAY 02/11/2017	Chinese Roast Chicken Stripes 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	Rock Melon Sticks

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WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 05/11/2017	Healthy Beef Casserole Steamed Coin Carrots and Turnip Champ Potato	Butter Beans Stew Steamed Coin Carrots and Turnip Champ Potato	Chicken Tandoori Salad	Vegetable Fajita	Fruit Yoghurt
MONDAY 06/11/2017	Chicken Machboos Mixed Roasted Vegetables	Vegetable Machboos Mixed Roasted Vegetables	Roast Chicken with Guacamole in Baguette	Beetroot and Apple Salad	Vermicelli Pudding
TUESDAY 07/11/2017	Oven Baked Fish Coated in Cornflakes Buttered Sweetcorn and Peas Sumak Roasted Potato	Vegetable Ala King Buttered Sweetcorn and Peas Sumak Roasted Potato	Tuna Nicoise Salad	Halloumi Cheese Sandwich	Rock Melon Sticks
WEDNESDAY 08/11/2017	Mini Pasta Arabiatta with Turkey Zesty Parsnip and Squash	Mini Pasta Arabiatta with Vegetables Zesty Parsnip and Squash	Turkey & Cranberry in Ciabatta Bread	Spinach Chickpea and Mushroom salad	Lemon Pie
THURSDAY 09/11/2017	Mongolian Style Chicken Sauté Peas and Carrot Sticks Jasmine Rice	Vegetable Chopsuey Sauté Peas and Carrot Sticks Jasmine Rice	Chicken Caesar Salad	Mango Paneer Sandwich	Mixed Melon

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WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 12/11/2017	Roast Beef with Homemade Gravy Assorted Grilled Vegetable Mashed Potato	Mini Vegetable Patties in Onion Gravy Assorted Grilled Vegetable Mashed Potato	Beef Fajita in Tortilla Roll	Mediterranean Vegetable Salad	Fruit Yoghurt
MONDAY 13/11/2017	Chicken Ala King Sauté Cut Green Beans and Carrots Mushroom Rice	Vegetable Ala King Sauté Cut Green Beans and Carrots Mushroom Rice	Chicken Hawaiian Salad	Vegetable Tikka Sandwich	Banana Custard
TUESDAY 14/11/2017	Fish Fillet with Garlic Sauce Zesty Green Peas & Squash Savoury Roast Potato	Ravioli Provencale Zesty Green Peas & Squash Savoury Roast Potato	Tuna Sandwich in Multi-Cereal Bread	Russian Salad	Fruity Mini Muffin
WEDNESDAY 15/11/2017	Bow Tie Pasta with Sundried Tomato and Turkey Sliced Carrots Ala Camille	Bow Tie Pasta with Sundried Tomato Sliced Carrots Ala Camille	Turkey with Iceberg Lettuce in Chapatti Bread	Rocca & Sweet Corn Salad	Mango Pudding
THURSDAY 16/11/2017	Chicken Dumplings Boiled Carrot Sticks and Peas Tomato Rice	Vegetable Dumplings Boiled Carrot Sticks and Peas Tomato Rice	Oriental Chicken Salad	Aegean Summer Salad	Baked Cinnamon Apples

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

WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 19/11/2017	Beef Stew with Baby Corn & Mushrooms Sauté Mixed Pumpkin & Green Peas Twice Baked Potato	Vegetable Stew with Baby Corn & Mushrooms Sauté Mixed Pumpkin & Green Peas Twice Baked Potato	Roast Beef Sandwich in Brown Bread	Asian Coleslaw Salad	Fruit Yoghurt
MONDAY 20/11/2017	Asian Barbeque Chicken Steamed Sweet Corn & Carrots Vegetable Rice	Vegetable Cacciatore Steamed Sweet Corn & Carrots Vegetable Rice	Beef Salad with Grilled Pepper and Mushroom	Italian Broccoli & Pasta Salad	Orange Smiley
TUESDAY 21/11/2017	Fish Ala Portuguese Steamed Sweet Corn & Green Peas Rosemary Roast Potato	Mixed Vegetable Manchurian Steamed Sweet Corn & Green Peas Rosemary Roast Potato	Chicken Fajita in Tortilla Roll	Vegetable Fajita Wrap	Diced Pineapple
WEDNESDAY 22/11/2017	Pasta Shells with Grilled Chicken Sliced Carrots Ala Camille	Pasta Shells with Grilled Vegetables Sliced Carrots Ala Camille	Tuna Chef Salad	Pasta salad with Artichoke	Profiterole (Custard)
THURSDAY 23/11/2017	Balsamic Grilled Chicken with Orange Rosemary Sauce Sauté Cut Green Beans & Sweet Corn Minted Potato	Balsamic Grilled Vegetables with Orange Rosemary Sauce Sauté Cut Green Beans & Sweet Corn Minted Potato	Turkey Panini Sandwich	Iceberg Sweetcorn and Orange Salad	Carrot Cake

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SUNDAY 26/11/2017	Beef in Hong Kong Style Sauté Cabbage and Red Pumpkin Lemon Rice	Vegetable Fajitas with Tofu Sauté Cabbage and Red Pumpkin Lemon Rice	Chicken Tandoori Salad	Four Beans Salad	Fruit Yoghurt
MONDAY 27/11/2017	Chicken Fricasse Sauté Peas and Carrots Baked Croquette Potato	Vegetarian Fricasse Sauté Peas and Carrots Baked Croquette Potato	Omelette in Tortilla Bread	Panini Sandwich in Whole Wheat Roll	Banana Pudding
TUESDAY 28/11/2017	Grilled Fish with Green Peas Puree Assorted Grilled Vegetables Saffron Rice	Grandmas Vegetable Casserole Assorted Grilled Vegetables Saffron Rice	Beef Salad with Grilled Pepper and Mushrooms	Rainbow Salad	Summer Fruit Trifle
WEDNESDAY 29/11/2017	Pasta Casserole with Turkey, Vegetables and Cheese Honey Glazed Beetroot and Carrots	Pasta Casserole with Vegetables and Cheese Honey Glazed Beetroot and Carrots	Tuna Sandwich in Multi Cereal Bread	Rocca and Sweetcorn Salad	Mouhalabieh
THURSDAY 30/11/2017	Chicken Steak with Dried Fig Sauce Steamed Sweetcorn and Green Peas Lemon and Parsley Potato	Vegetable Steak with Dried Fig Sauce Steamed Sweetcorn and Green Peas Lemon and Parsley Potato	Grilled Chicken Wrap	Lentil Salad	Fruit Custard