

**COLLEGIATE AMERICAN SCHOOL – PRE-KG, KG 1 & 2, GRADE 1 & 2
LUNCH BOX MENU FOR THE MONTH OF OCTOBER 2018**

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
MONDAY 01.10.18	Chicken Ala King Sauté Cut Green Beans and Carrots Mushroom Rice	Vegetable Ala King Sauté Cut Green Beans and Carrots Mushroom Rice	Roast Chicken with Guacamole in Baguette	Beetroot and Apple Salad	Vermicelli Pudding
TUESDAY 02.10.18	Fish Cake with Sweet Pepper Sauce Zesty Green Peas & Squash Savoury Roast Potato	Ravioli Provencale Zesty Green Peas & Squash Savoury Roast Potato	Tuna Nicoise Salad	Halloumi Cheese Sandwich	Rock Melon Sticks
WEDNESDAY 03.10.18	Chicken Macaroni & Cheese Roasted Beetroots and Turnips	Macaroni & Cheese Roasted Beetroots and Turnips	Turkey & Cranberry in Ciabatta Bread	Spinach Chickpea and Mushroom salad	Lemon Pie
THURSDAY 04.10.18	Mongolian Style Chicken Sauté Peas and Carrot Sticks Jasmine Rice	American Chopsuey Sauté Peas and Carrot Sticks Jasmine Rice	Chicken Caesar Salad	Mango Paneer Sandwich	Mixed Melon

**COLLEGIATE AMERICAN SCHOOL – PRE-KG, KG 1 & 2, GRADE 1 & 2
LUNCH BOX MENU FOR THE MONTH OF OCTOBER 2018**

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

**COLLEGIATE AMERICAN SCHOOL – PRE-KG, KG 1 & 2, GRADE 1 & 2
LUNCH BOX MENU FOR THE MONTH OF OCTOBER 2018**

WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 14/10/2018	Baked Chicken with Spinach and Cream Sauce Boiled Carrots and Sweet Peas Lemon Rice	Lemon Rice Vegetable Cacciatore Boiled Carrots and Sweet Peas Lemon Rice	Chicken Hawaiian Salad	Four Beans Salad	Fruit Yoghurt
MONDAY 15/10/2018	Beef Steak with Puttanesca Sauce Steamed Sweet Corn and Green Peas Creole Roast Potato	Mushroom Stroganoff Steamed Sweet Corn and Green Peas Creole Roast Potato	Beef Fajita in Tortilla Roll	Rainbow Salad	Diced Pineapple
TUESDAY 16/10/2018	Fish Fillet Italian Sauté Cut Green Beans and Carrots Mint & Coriander Rice	Vegetable Ala King Sauté Cut Green Beans and Carrots Mint & Coriander Rice	Tuna Chef Salad	Lentil Salad	Lemon Pie
WEDNESDAY 17/10/2018	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
THURSDAY 18/10/2018	Chicken Marengo Sauté Cabbage and Red Pumpkin Jasmine Rice	Vegetable Chopsuey Sauté Cabbage and Red Pumpkin Jasmine Rice	Beef Salad with Grilled Pepper and Mushroom	Rocca and Sweet Corn Salad	Apple Crumble

**COLLEGIATE AMERICAN SCHOOL – PRE-KG, KG 1 & 2, GRADE 1 & 2
LUNCH BOX MENU FOR THE MONTH OF OCTOBER 2018**

WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 21/10/2018	Sweet Chicken Cube Masala Sauté Cabbage and Red Pumpkin Steamed Rice	Vegetable Makhanwala Sauté Cabbage and Red Pumpkin Steamed Rice	Beef Salad with Grilled Pepper & Mushrooms	Aegean Summer Salad	Fruit Yoghurt
MONDAY 22/10/2018	Italian Meatballs in Tomato Sauce Sauté Peas and Carrots Chateau Potato	Vegetable Fajitas with Tofu Sauté Peas and Carrots Chateau Potato	Omelette in Tortilla Bread	Rocca & Sweet Corn Salad	Banana Oats Cake
TUESDAY 23/10/2018	Grilled Fish Ala Greek Honey-glazed Beetroot and Carrots Vegetable Rice	Grandmas Vegetable Casserole Honey-glazed Beetroot and Carrots Vegetable Rice	Chicken Panini Sandwich	Panini Sandwich in Whole Wheat Roll	Watermelon Cubes
WEDNESDAY 24/10/2018	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
THURSDAY 25/10/2018	Chicken Biryani Vegetable Cacciatore	Vegetable Biryani Vegetable Cacciatore	Oriental Chicken Salad	Russian Salad	Fruit Salad

**COLLEGIATE AMERICAN SCHOOL – PRE-KG, KG 1 & 2, GRADE 1 & 2
LUNCH BOX MENU FOR THE MONTH OF OCTOBER 2018**

WEEK 5	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 28/10/2018	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 29/10/2018	Chicken Dumplings Boiled Carrot Sticks and Peas Tomato Rice	Vegetable Dumplings Boiled Carrot Sticks and Peas Tomato Rice	Roast Chicken with Guacamole in Baguette	Beetroot and Apple Salad	Fruity Mini Muffin
TUESDAY 30/10/2018	Fish Fillet with Garlic Sauce Zesty Green Peas & Squash Savoury Roast Potato	Chinese Vegetable Stir-Fry Zesty Green Peas & Squash Savoury Roast Potato	Tuna Sandwich in Multi Cereal Bread	Russian Salad	Lemon Pie
WEDNESDAY 31/10/2018	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