

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

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
THURSDAY 01/11/2018	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

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

WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 04/11/2018	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 05/11/2018	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 06/11/2018	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 07/11/2018	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 08/11/2018	Baked Chicken with Sautee Tomato and Pepper 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 NOVEMBER 2018**

WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 11/11/2018	Baked Chicken with Spinach and Cream Sauce Boiled Carrots and Sweet Peas Lemon Rice	Vegetable Korma Boiled Carrots and Sweet Peas Lemon Rice	Chicken Hawaiian Salad	Four Beans Salad	Fruit Yoghurt
MONDAY 12/11/2018	Beef Steak with Puttanesca Sauce Steamed Sweet Corn and Green Peas Creole Roast Potato	Stir Fry Vegetables Steamed Sweet Corn and Green Peas Creole Roast Potato	Beef Fajita in Tortilla Roll	Rainbow Salad	Diced Pineapple
TUESDAY 13/11/2018	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 14/11/2018	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 15/11/2018	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 NOVEMBER 2018**

WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 18/11/2018	Sweet Chicken Cube Masala Sauté Corn and Zucchini Jasmine Rice	Vegetable Makhanwala Sauté Corn and Zucchini Jasmine Rice	Beef Salad with Grilled Pepper & Mushrooms	Aegean Summer Salad	Fruit Yoghurt
MONDAY 19/11/2018	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 20/11/2018	Grilled Fish Ala Greek Honey-glazed Beetroot and Carrots Mushroom Rice	Grandmas Vegetable Casserole Honey-glazed Beetroot and Carrots Mushroom Rice	Chicken Panini Sandwich	Panini Sandwich in Whole Wheat Roll	Watermelon Cubes
WEDNESDAY 21/11/2018	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 22/11/2018	Chicken Biryani Vegetable Cacciatore	Vegetable Biryani Vegetable Cacciatore	Oriental Chicken Salad	Russian Salad	Low Fat Yoghurt

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

WEEK 5	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 25/11/2018	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 26/11/2018	Chicken Machboos Vegetable Casserole	Vegetable Machboos Vegetable Casserole	Roast Chicken with Guacamole in Baguette	Beetroot and Apple Salad	Fruity Mini Muffin
TUESDAY 27/11/2018	Fish Fillet with Garlic Sauce Zesty Green Peas & Squash Savoury Roast Potato	Ravioli Provencal Zesty Green Peas & Squash Savoury Roast Potato	Tuna Sandwich in Multi Cereal Bread	Russian Salad	Lemon Pie
WEDNESDAY 28/11/2018	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
THURSDAY 29/11/2018	Grilled Chicken with Rosemary Sauce Steamed Coin Carrots and Marrow Steamed Rice	Vegetable Fajitas with Tofu Steamed Coin Carrots and Marrow Steamed Rice	Omeletter in Tortilla Bread	Panini Sandwich in Whole Wheat Roll	Mini Apple Pie