

**COLLEGIATE AMERICAN SCHOOL – PRE-KG, KG 1 & 2, GRADE 1 & 2
LUNCH BOX MENU FOR THE MONTH OF FEBRUARY 2019**

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 03.02.19	Healthy Beef Casserole Steamed Coin Carrots and Marrow Champ Potato	Butter Beans Stew Steamed Coin Carrots and Marrow Champ Potato	Chicken Tandoori Salad	Vegetable Fajita	Fruit Salad
MONDAY 04.02.19	Chicken Machboos Vegetable Salona	Vegetable Machboos Vegetable Salona	Roast Chicken with Guacamole in Baguette	Beetroot and Apple Salad	Banana Pudding
TUESDAY 05.02.19	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	Fruit Yoghurt
WEDNESDAY 06.02.19	Mini Pasta Arabiatta with Turkey Zesty Snow Peas and Squash	Mini Pasta Arabiatta with Vegetables Zesty Snow Peas and Squash	Turkey & Cranberry in Ciabatta Bread	Spinach Chickpea and Mushroom salad	Sweet Melon
THURSDAY 07.02.19	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	Profiterole (Custard)

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WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 10.02.19	Beef Goulash Assorted Grilled Vegetable Mashed Potato	Mini Vegetable Patties in Onion Gravy Assorted Grilled Vegetable Mashed Potato	Beef Salad with Grilled Pepper & Mushrooms	Panini Sandwich in Whole Wheat Roll	Fruit Salad
MONDAY 11.02.19	Baked Chicken with Spinach and Cream Sauce Sauté Cut Green Beans and Carrots Mushroom Rice	Spinach Dumpling with Tomato Sweet Pepper Sauce Sauté Cut Green Beans and Carrots Mushroom Rice	Chicken Panini Sandwich	Aegean Summer Salad	Mango Pudding
TUESDAY 12.02.19	Grilled Fish with Lemon Chives Sauce Zesty Snow Peas & Squash Baked Croquette Potato	Vegetable Manchurian Zesty Snow Peas & Squash Baked Croquette Potato	Tuna Sandwich in Multi- Cereal Bread	Russian Salad	Fruit Yoghurt
WEDNESDAY 13.02.19	Pasta Formaggio with Turkey and Three Herbs Sliced Carrots Ala Camille	Pasta Formaggio with Vegetables and Three Herbs Sliced Carrots Ala Camille	Turkey with Iceberg Lettuce in Chapatti Bread	Rocca & Sweet Corn Salad	Fresh Watermelon Cubes
THURSDAY 17.02.19	Butter Chicken Boiled Carrot Sticks and Peas White Rice	Vegetable Makhanwala Boiled Carrot Sticks and Peas White Rice	Oriental Chicken Salad	Vegetable Tikka Sandwich	Fruit Trifle with Custard

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WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 17.02.19	Beef and Mushroom Ragout Sauté Mixed Pumpkin & Snow Peas Sauté Potato with Onion and Garlic	Vegetable Cutlets with carrot Sauce Sauté Mixed Pumpkin & Snow Peas Sauté Potato with Onion and Garlic	Cheese and Egg Sandwich	Halloumi Cheese Sandwich	Fruit Salad
MONDAY 18.02.19	Grilled Chicken Strips with Lemon and Pepper Sauce Steamed Sweet Corn & Carrots Vegetable Rice	Vegetable Makhani Steamed Sweet Corn & Carrots Vegetable Rice	Beef Salad with Grilled Pepper and Mushroom	Italian Broccoli & Pasta Salad	Carrot Cake
TUESDAY 19.02.19	Sweet and Sour Fish Fillet Buttered Green Beans Savoury Roast Potato	Spinach Dumpling with Tomato Sweet Pepper sauce Buttered Green Beans Savoury Roast Potato	Chicken Fajita in Tortilla Roll	Vegetable Fajita Wrap	Fruit Yoghurt
WEDNESDAY 20.02.19	Farfalle Pasta with Turkey in Pink Sauce Sliced Carrots Ala Camille	Farfalle Pasta with Vegetables in Pink Sauce Sliced Carrots Ala Camille	Tuna Chef Salad	Mediterranean Vegetable Salad	Mixed Melon Cubes
THURSDAY 21.02.19	Chicken Ala King Zesty Snow Peas & Squash White Rice	Vegetable Ala King Zesty Snow Peas & Squash White Rice	Turkey Panini Sandwich	Mango Paneer Sandwich	Rice Pudding

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WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 24.02.19	Beef Stew with Bok Choy, Cabbage, and Green Beans Sliced Carrots Alla Camille Saffron Rice	Vegetable Ragout Cabbage, and Green Beans Sliced Carrots Alla Camille Saffron Rice	Chicken Caesar Salad	Spinach Chickpea and Mushroom Salad	Fruit Salad
MONDAY 25.02.19	Grilled Chicken with Rosemary Sauce Steamed Coin Carrots and Marrow Steamed Cube Potato with Herb	Vegetable Fajitas with Tofu Steamed Coin Carrots and Marrow Steamed Cube Potato with Herb	Omelette in Tortilla Bread	Panini Sandwich in Whole Wheat Roll	Carrot Pudding
TUESDAY 26.02.19	Lemon Orange Zest Grilled Fish Sauté Peas and Carrot Sticks Brown Rice	Baked Broccoli Nuggets with Dip Sauté Peas and Carrot Sticks Brown Rice	Chicken Tikka with Cucumber Wrap	Rainbow Salad	Fruit Yoghurt
WEDNESDAY 27.02.19	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	Diced Pineapple
THURSDAY 28.02.19	Chinese Roast Chicken Strips 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	Mouhalabieh