

RAFFLES NURSERY
VEGETARIAN LUNCH BOX FOR NOVEMBER 2017

DAY	WEEK 1 (01-02.11.2017)	WEEK 2 (05-09.11.2017)	WEEK 3 (12-16.11.2017)	WEEK 4 (19-23.11.2017)	WEEK 5 (26-30.11.2017)
SUNDAY		Butter Beans Stew Steamed Coin Carrots and Turnip Champ Potato Fruit Yoghurt	Mini Vegetable Patties in Onion Gravy Assorted Grilled Vegetable Mashed Potato Fruit Yoghurt	Vegetable Stew with Baby Corn & Mushrooms Sauté Mixed Pumpkin & Green Peas Twice Baked Potato Fruit Yoghurt	Vegetable Fajitas with Tofu Sauté Cabbage and Red Pumpkin Lemon Rice Fruit Yoghurt
MONDAY		Vegetable Machboos Mixed Roasted Vegetables Vermicelli Pudding	Vegetable Ala King Sauté Cut Green Beans and Carrots Mushroom Rice Banana Custard	Vegetable Cacciatore Steamed Sweet Corn & Carrots Vegetable Rice Orange Smiley	Vegetarian Fricasse Sauté Peas and Carrots Baked Croquette Potato Banana Pudding
TUESDAY		Vegetable Ala King Buttered Sweetcorn and Peas Sumak Roasted Potato Rock Melon Sticks	Ravioli Provencale Zesty Turnip & Squash Savoury Roast Potato Fruity Mini Muffin	Mixed Vegetable Manchurian Steamed Sweet Corn & Green Peas Rosemary Roast Potato Diced Pineapple	Grandmas Vegetable Casserole Assorted Grilled Vegetables Saffron Rice Summer Fruit Trifle
WEDNESDAY	Vegetarian Shell Pasta in Bechamel Sauce Assorted Grilled Vegetables Fresh Watermelon Cubes	Mini Pasta Arabiatta with Vegetables Zesty Green Peas and Squash Lemon Pie	Bow Tie Pasta with Sundried Tomato Sliced Carrots Ala Camille Mango Pudding	Pasta Shells with Grilled Vegetables Sliced Carrots Ala Camille Profiterole (Custard)	Pasta Casserole with Vegetables and Cheese Honey Glazed Beetroot and Carrots Mouhalabieh
THURSDAY	Chinese Vegetable Stir-Fry Steamed Sweet Corn and Green Peas White Rice Rock Melon Sticks	Vegetable Chopsuey Sauté Peas and Carrot Sticks Jasmine Rice Mixed Melon	Vegetable Dumplings Boiled Carrot Sticks and Peas Tomato Rice Baked Cinnamon Apples	Balsamic Grilled Vegetables with Orange Rosemary Sauce Sauté Cut Green Beans and Sweet Corn Minted Potato Carrot Cake	Vegetable Steak with Dried Fig Sauce Steamed Sweetcorn and Green Peas Lemon and Parsley Potato Fruit Custard