

**RAFFLES NURSERY  
LUNCH BOX MENU FOR THE MONTH OF NOVEMBER 2017**

WEEK 1	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY 01/11/2017	Shell Pasta with Minced Meat in Bechamel Sauce	Assorted Grilled Vegetables		Fresh Watermelon Cubes
THURSDAY 02/11/2017	Chinese Roast Chicken Stripes	Steamed Sweet Corn and Green Peas	White Rice	Rock Melon Sticks

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<b>WEEK 2</b>	<b>MAIN COURSE</b>	<b>VEGETABLES</b>	<b>RICE/POTATO</b>	<b>DESSERT</b>
<b>SUNDAY</b> 05/11/2017	Healthy Beef Casserole	Steamed Coin Carrots and Turnip	Champ Potato	Fruit Yoghurt
<b>MONDAY</b> 06/11/2017	Chicken Machboos	Mixed Roasted Vegetables		Vermicelli Pudding
<b>TUESDAY</b> 07/11/2017	Oven Baked Fish Coated in Cornflakes	Buttered Sweetcorn and Peas	Sumak Roasted Potato	Rock Melon Sticks
<b>WEDNESDAY</b> 08/11/2017	Mini Pasta Arabiatta with Turkey	Zesty Green Peas and Squash		Lemon Pie
<b>THURSDAY</b> 09/11/2017	Mongolian Style Chicken	Sauté Peas and Carrot Sticks	Jasmine Rice	Mixed Melon

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<b>WEEK 3</b>	<b>MAIN COURSE</b>	<b>VEGETABLES</b>	<b>RICE/POTATO</b>	<b>DESSERT</b>
<b>MONDAY</b> 13/11/2017	Roast Beef with Homemade Gravy	Assorted Grilled Vegetable	Mashed Potato	Fruit Yoghurt
<b>TUESDAY</b> 14/11/2017	Chicken Ala King	Sauté Cut Green Beans and Carrots	Mushroom Rice	Banana Custard
<b>WEDNESDAY</b> 15/11/2017	Fish Fillet with Garlic Sauce	Zesty Parsnip & Squash	Savoury Roast Potato	Fruity Mini Muffin
<b>THURSDAY</b> 16/11/2017	Bow Tie Pasta with Sundried Tomato and Turkey	Sliced Carrots Ala Camille		Mango Pudding
<b>SUNDAY</b> 12/11/2017	Chicken Dumplings	Boiled Carrot Sticks and Peas	Tomato Rice	Baked Cinnamon Apples

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<b>WEEK 4</b>	<b>MAIN COURSE</b>	<b>VEGETABLES</b>	<b>RICE/POTATO</b>	<b>DESSERT</b>
<b>SUNDAY 19/11/2017</b>	Beef Stew with Baby Corn & Mushrooms	Sauté Mixed Pumpkin & Green Peas	Twice Baked Potato	Fruit Yoghurt
<b>MONDAY 20/11/2017</b>	Asian Barbeque Chicken	Steamed Sweet Corn & Carrots	Vegetable Rice	Orange Smiley
<b>TUESDAY 21/11/2017</b>	Fish Ala Portuguese	Steamed Sweet Corn & Green Peas	Rosemary Roast Potato	Diced Pineapple
<b>WEDNESDAY 22/11/2017</b>	Pasta Shells with Grilled Chicken	Sliced Carrots Ala Camille		Profiterole (Custard)
<b>THURSDAY 23/11/2017</b>	Balsamic Grilled Chicken with Orange Rosemary Sauce	Sauté Cut Green Beans and Sweet Corn	Minted Potato	Carrot Cake

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<b>WEEK 5</b>	<b>MAIN COURSE</b>	<b>VEGETABLES</b>	<b>RICE/POTATO</b>	<b>DESSERT</b>
<b>SUNDAY 26/11/2017</b>	Beef in Hong Kong Style	Sauté Cabbage and Red Pumpkin	Lemon Rice	Fruit Yoghurt
<b>MONDAY 27/11/2017</b>	Chicken Fricasse	Sauté Peas and Carrots	Baked Croquette Potato	Banana Pudding
<b>TUESDAY 28/11/2017</b>	Grilled Fish with Green Peas Puree	Assorted Grilled Vegetables	Saffron Rice	Summer Fruit Trifle
<b>WEDNESDAY 29/11/2017</b>	Pasta Casserole with Turkey, Vegetables and Cheese	Honey Glazed Beetroot and Carrots		Mouhalabieh
<b>THURSDAY 30/11/2017</b>	Chicken Steak with Dried Fig Sauce	Steamed Sweetcorn and Green Peas	Lemon and Parsley Potato	Fruit Custard