

**RAFFLES NURSERY
LUNCH BOX MENU FOR THE MONTH OF JANUARY 2018**

WEEK 2	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY 07/01/2018	Beef Stroganoff	Carrots in Dill	Lemon and Parsley Potato	Fruit Yoghurt
MONDAY 08/01/2018	Grilled Fish with Lemon Chive Sauce	Honey-glazed Beetroots and Carrots	Tomato Rice	Fruit Trifle with Custard
TUESDAY 09/01/2018	Chicken Cacciatore	Saute Sweet Corn and Green Peas	Coriander Potato	Fruit Salad
WEDNESDAY 10/01/2018	Pasta Formaggio with Turkey & Three Herbs	Assorted Grilled Vegetables		Fresh Watermelon Cubes
THURSDAY 11/01/2018	Baked Chicken with Saute Tomato and Pepper	Sauté Green Beans	Jasmine Rice	Mouhalabieh

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WEEK 3	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY 14/01/2018	Baked Chicken with Spinach and Cream Sauce	Boiled Carrots and Sweet Peas	Lemon Rice	Fruit Yoghurt
MONDAY 15/01/2018	Beef Steak with Puttanesca Sauce	Steamed Sweet Corn and Green Peas	Creole Roast Potato	Diced Pineapple
TUESDAY 16/01/2018	Fish Fillet Italian	Saute Cut Green Beans and Carrots	Mint & Coriander Rice	Lemon Pie
WEDNESDAY 17/01/2018	Pasta Casserole with Turkey, Vegetables & Cheese	Assorted Grilled Vegetables		Rock Melon Cubes
THURSDAY 18/01/2018	Chicken Marengo	Saute Cabbage and Red Pumpkin	Jasmine	Apple Crumble

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WEEK 4	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY 21/01/2018	Sweet Chicken Cube Masala	Saute Cabbage and Red Pumpkin	Jasmine Rice	Fruit Yoghurt
MONDAY 22/01/2018	Italian Meatballs in Tomato Sauce	Saute Peas and Carrots	Chateau Potato	Banana Oats Cake
TUESDAY 23/01/2018	Grilled Fish Ala Greek	Honey-glazed Beetroot and Carrots	Mushroom Rice	Watermelon Cubes
WEDNESDAY 24/01/2018	Shell Pasta Ala Ortolano	Assorted Grilled Vegetable		Sticky Toffee Pudding
THURSDAY 25/01/2018	Chicken Biryani	Vegetable Cacciatore		Low Fat Yoghurt

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WEEK 5	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY 28/01/2018	Healthy Beef Casserole	Steamed Coin Carrots and Turnip	Champ Potato	Fruit Yoghurt
MONDAY 29/01/2018	Chicken Machboos	Vegetable Casserole		Fruity Mini Muffin
TUESDAY 30/01/2018	Fish Fillet with Garlic Sauce	Zesty Green Peas & Squash	Savoury Roast Potato	Lemon Pie
WEDNESDAY 31/01/2018	Bow Tie Pasta with Sundried Tomato and Turkey	Sliced Carrots Ala Camille		Carrot Pudding