



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

WEEK 1	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
THURSDAY 01.02.18	Beef Stroganoff	Carrots in Dill	White Rice	Fruit Trifle with Custard



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<b>WEEK 2</b>	<b>MAIN COURSE</b>	<b>VEGETABLES</b>	<b>RICE/POTATO</b>	<b>DESSERT</b>
<b>SUNDAY 04.02.18</b>	Baked Chicken Balls with Sweet and Sour Sauce	Ginger Glazed Carrots	Vegetable Rice	Fruit Yoghurt
<b>MONDAY 05.02.18</b>	Roast Beef with Homemade Gravy	Roasted Beetroot and Pumpkin	Mashed Potato	Banana Custard
<b>TUESDAY 06.02.18</b>	Fish Fillet with Garlic Sauce	Steamed Sweet Corn and Green Peas	Lemon Rice	Fruity Mini Muffin
<b>WEDNESDAY 07.02.18</b>	Pasta Shells with Grilled Turkey in Tomato Sauce	Assorted Grilled Vegetable		Carrot Cake without Cream
<b>THURSDAY 08.02.18</b>	Beef Steak with Puttanesca Sauce	Sauté Cut Green Beans	Roasted Potato with Herbs	Fresh Watermelon Cubes



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<b>WEEK 3</b>	<b>MAIN COURSE</b>	<b>VEGETABLES</b>	<b>RICE/POTATO</b>	<b>DESSERT</b>
<b>SUNDAY</b> 11.02.18	Baked Chicken with Sautee Tomato and Pepper	Sauté Sweet Corn and Carrots	Tomato Rice	Fruit Yoghurt
<b>MONDAY</b> 12.02.18	Grilled Fish with Green Peas Puree	Assorted Grilled Vegetables	Coriander Potato	Summer Fruit Trifle
<b>TUESDAY</b> 13.02.18	Beef in Hong Kong Style	Sauté Cabbage and Red Pumpkin	Saffron Rice	Mixed Melon Cubes
<b>WEDNESDAY</b> 14.02.18	<b>STAFF PROFESSIONAL DAY</b>			
<b>THURSDAY</b> 15.02.18	<b>MID-TERM BREAK</b>			



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<b>WEEK 4</b>	<b>MAIN COURSE</b>	<b>VEGETABLES</b>	<b>RICE/POTATO</b>	<b>DESSERT</b>
<b>SUNDAY 18.02.18</b>	Chinese Roast Chicken Cubes	Steamed Sweet Corn and Green Peas	White Rice	Fruit Yoghurt
<b>MONDAY 19.02.18</b>	Mediterranean Baked Fish Fillet in Tomato Sauce	Steamed Carrots and Cut Beans	Garlic Rosemary Potato	Diced Pineapple
<b>TUESDAY 20.02.18</b>	Grilled Beef Strips with Assorted Pepper Sauce	Roasted Beetroot and Carrots	Mushroom Rice	Orange Smiley
<b>WEDNESDAY 21.02.18</b>	Greek Style Mini Pasta with Vegetable and Turkey	Assorted Grilled Vegetables		Fruit Salad
<b>THURSDAY 22.02.18</b>	Chicken Ala King	Sauté Peas and Pumpkin	Hungarian Paprika Potato	Fruit Custard



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WEEK 5	MAIN COURSE	VEGETABLES	RICE/POTATO	DESSERT
SUNDAY 25.02.18	Healthy Beef Casserole	Steamed Coin Carrots and Turnip	Champ Potato	Fruit Yoghurt
MONDAY 26.02.18	Chicken Marengo	Boiled Carrots and Peas	Peas Pilaf Rice	Mouhalabieh
TUESDAY 27.02.18	Grilled Fish with Lemon Chive Sauce	Zesty Snow Peas and Squash	Baked Croquette Potato	Fruity Mini Muffin
WEDNESDAY 28.02.18	Pasta Formaggio with Turkey & Three Herbs	Assorted Grilled Vegetables		Rock Melon Cubes