

**COLLEGIATE AMERICAN SCHOOL– PRE-KG, KG 1 & 2, GRADE 1 & 2  
LUNCH BOX MENU FOR THE MONTH OF MARCH 2017**

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY 01/03/2017	Farfalle Pasta with Mini Meatballs in Italian Tomato Sauce (Beef) Medallion of Carrot and Zucchini	Farfalle Pasta with Mini Vegetable Balls in Italian Tomato Sauce Medallion of Carrot and Zucchini	Avocado, Egg and Tomato in Brown Baguette Bread	Vegetable Crudités with Guacamole Dip	Fruit Salad
THURSDAY 02/03/2017	Chicken Makhanwala Steamed Peas and Sweet Corn Brown Rice	Vegetable Makhanwala Steamed Peas and Sweet Corn Brown Rice	Chicken Fajitas in Tortilla Bread	California Green Salad	Mouhalabieh

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<b>WEEK 2</b>	<b>HOT MEAL NON-VEGETARIAN</b>	<b>HOT MEAL VEGETARIAN</b>	<b>COLD MEAL NON-VEGETARIAN</b>	<b>COLD MEAL VEGETARIAN</b>	<b>DESSERT</b>
<b>SUNDAY 05/03/2017</b>	Beef Pepper Con Carne Seasoned Cut Green Beans Mashed Potato	Vegetable Pepper Con Carne Seasoned Cut Beans Mashed Potato	Chicken Tandoori and Mango Chutney in Chapatti Bread	Vegetable Wrap	Fruit Yoghurt
<b>MONDAY 06/03/2017</b>	Creamy Chicken Pot Steamed Broccoli and Cauliflower Saffron Rice	Creamy Vegetable Pot Steamed Broccoli and Cauliflower Saffron Rice	Roasted Beef in Ciabatta Bread	Grilled Vegetable Salad	Mixed Melon Sticks
<b>TUESDAY 07/03/2017</b>	Poached Salmon Balls with Lemon Dill Sauce Honey-glazed Beetroot and Carrot Roast Cube Potato	Vegetable Parcel with Tomato Sauce Honey-glazed Beetroot and Carrot Roast Cube Potato	Roasted Chicken and Cheese in Brown Bread Roll	Roasted Broccoli and Grilled Cheese Sandwich	Fruit Custard
<b>WEDNESDAY 08/03/2017</b>	Greek Style Mini Pasta with Sundried Tomato and Turkey Sauté Marrow and Red Capsicum	Greek Style Mini Pasta with Sundried Tomato Sauté Marrow and Red Capsicum	Tuna with Light Mayo in Baguette Bread	Falafel Sandwich Wrap	Mango Rice Pudding
<b>THURSDAY 09/03/2017</b>	Chicken Biryani Vegetable Korma	Vegetable Biryani Vegetable Korma	Curried Chicken Pasta Salad	Egg & Cheese Sandwich in Multi-cereal Bread	Low-fat Plain Yoghurt

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<b>WEEK 3</b>	<b>HOT MEAL NON-VEGETARIAN</b>	<b>HOT MEAL VEGETARIAN</b>	<b>COLD MEAL NON-VEGETARIAN</b>	<b>COLD MEAL VEGETARIAN</b>	<b>DESSERT</b>
<b>SUNDAY 12/03/2017</b>	Beef Stroganoff Steamed Baton Carrots and Green Beans Jasmine Rice	Mushroom Stroganoff Steamed Baton Carrots and Green Beans Jasmine Rice	Balsamic Grilled Chicken in Whole Meal Bread	Greek Pasta Salad	Fruit Yoghurt
<b>MONDAY 13/03/2017</b>	Creamy Tuscan Grilled Chicken Sauté Diced Zucchini, Marrow & Corn Baked Smiley Potatoes	Lentil Balls with Tomato Sauce Sauté Diced Zucchini, Marrow & Corn Baked Smiley Potatoes	Beef Brutus Sandwich	Corn, Tomato and Beans Quesadillas	Carrot Pudding
<b>TUESDAY 14/03/2017</b>	Stir-fry Beef Strips with Three Peppers Carrot Sticks in Dill Butter Green Lentil Rice	Stir-fry Tofu & Vegetables with Three Peppers Carrot Sticks in Dill Butter Green Lentil Rice	Chicken and Guacamole Squares Sandwich	Kale Salad with Roasted Vegetable	Watermelon Cubes
<b>WEDNESDAY 15/03/2017</b>	Pasta Rapido with Parsley Pesto(nut-free), Turkey and Roasted Vegetable Sauté Broccoli and Baby Corns	Pasta Rapido with Parsley Pesto(nut-free) and Roasted Vegetable Sauté Broccoli and Baby Corns	Turkey & Avocado in Brown Baguette	Roasted Mushroom & Mozzarella in Baguette	Sticky Toffee Pudding
<b>THURSDAY 16/03/2017</b>	Chicken Fruity Curry Steamed Carrot and Green Beans Pomegranate Rice Pilaf	Paneer and Mushroom Fruity Curry Steamed Carrot and Green Beans Pomegranate Rice Pilaf	Tuna Antipasti Sandwich	Pumpkin, Cheese and Lettuce Sandwich	Apple with Custard

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WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 19/03/2017	Chicken Cube with Hoisin and Honey Sauce Sauté Pumpkin and Kale Vegetable Lo Mein	Vegetable Balls with Hoisin and Honey Sauce Sauté Pumpkin and Kale Vegetable Lo Mein	BBQ Chicken and Grilled Pineapple in Brown Baguette	Southwest Hummus Wrap	Fruit Yoghurt
MONDAY 20/03/2017	Grilled Beef Steak with Leek and Mushroom Ragout Steamed Carrots Sticks Herb Roast Cube Potato	Chickpea & Leek Cutlets with Mushroom Ragout Steamed Carrots Sticks Herb Roast Cube Potato	Turkey with Cheese in Sub Roll	Quinoa Fruit Salad	Rice Pudding with Fruit Puree
TUESDAY 21/03/2017	Baked Fish Fillet with Honey Mustard Sauce Sauté Green Beans and Mixed Capsicum White Rice	Baked Vegetable Cutlet with Honey Mustard Sauce Sauté Green Beans and Mixed Capsicum White Rice	Tuna with Vegetables in Ciabatta Bread	Halloumi and Cheese Sandwich	Rock Melon Sticks
WEDNESDAY 22/03/2017	Penne Pasta Marinara with Turkey Meatballs Steamed Baby Carrots and Green Zucchini Batons	Penne Pasta Marinara with Vegan Meatballs Steamed Baby Carrots and Green Zucchini Batons	Beef, Arugula and Cheese Grilled Sandwich	Water Melon Feta Crumbled Salad	Banana Oats Pudding
THURSDAY 23/03/2017	Light Chicken Korma Buttered Sweet Corn and Green Peas Tomato Pilaf Rice	Light Vegetable Korma Buttered Sweet Corn and Green Peas Tomato Pilaf Rice	Warm Chicken Salad with Mango and Avocado	Spinach and Artichoke Cheese Grilled Sandwich	Fruit Salad with Plain Yoghurt (Low Fat)

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WEEK 5	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 25/03/2017	SPRING BREAK				
MONDAY 26/03/2017	SPRING BREAK				
TUESDAY 27/03/2017	SPRING BREAK				
WEDNESDAY 28/03/2017	SPRING BREAK				
THURSDAY 29/03/2017	SPRING BREAK				