

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

WEEK 1	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY					
MONDAY 01/05/2017	Stir Fried Chicken with Mushroom Snow Peas Vegetable Lo Mein	Stir Fried Tofu with Mushroom Snow Peas Vegetable Lo Mein	Vegan Buffalo Chicken Wraps	Rainbow Salad	Banana Oats Cake
TUESDAY 02/05/2017	Breaded Grilled Fish Fingers with Lemon Pepper Sauce Vegetable Ala King BBQ Roast Potato	Breaded Grilled Vegetable Fingers with Lemon Pepper Sauce Vegetable Ala king BBQ Roast Potato	Tuna Nicoise Salad	Grilled Cheese Sandwich	Mixed Melon Cubes
WEDNESDAY 03/05/2017	Baked Penne Ala Bolognese (Beef) Sauté Green Peas and Sweet Corn	Baked Penne Ala Oats Bolognese Sauté Green Peas and Sweet Corn	Roast Beef Sandwich	Vegetable Crudites with Guacamole Dip	Profiterole (Custard)
THURSDAY 04/05/2017	Tarragon Chicken with Mushroom Cream Sauce Steamed Broccoli and Cauliflower Saffron Dill Rice	Vegetable Makhani Steamed Broccoli and Cauliflower Saffron Dill Rice	Tandoori Chicken Salad	Vegetable Fajita Wrap	Mango Pudding

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

WEEK 2	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 07/05/2017	Swedish Meatballs with Brown Gravy Medallion Carrots and Zucchini Mashed Potato	Swedish Vegetable Balls with Brown Gravy Medallion Carrots and Zucchini Mashed Potato	Turkey and Cheese Baguette	Arabic Fattoush Salad	Fruit Yoghurt
MONDAY 08/05/2017	Chicken Pojarski with Roasted Pepper Sauce Sauté Beetroot and Turnip and Carrots Peas Rice	Lentil Burger with Roasted Pepper Sauce Sauté Beetroot and Turnip and Carrots Peas Rice	Tuna Pasta Salad	Roasted Broccoli and Grilled Cheese Sandwich	Sticky Toffee Pudding
TUESDAY 09/05/2017	Mediterranean Baked Fish Fillet in Tomato Sauce Vice Carrot Slice Roast Cube Potato	Mexican Stuffed Pancake with Tomato Sauce Vice Carrot Slice Roast Cube Potato	Chicken Shawarma Sandwich	Freekeh Sundried Tomato and Arugula Salad	Fruit Salad
WEDNESDAY 10/05/2017	Mini Shell Pasta Turkey Sundried Tomato and Asparagus Cream Sauce Steamed Corn, Carrots and Marrow	Mini Shell Pasta Sundried Tomato and Asparagus Cream Sauce Steamed Corn, Carrots and Marrow	Beef Fajita in Tortilla Bread	Beetroot and Apple Salad	Rice Pudding
THURSDAY 11/05/2017	Chicken Steak Teriyaki Vegetable Manchurian White Rice	Baked Vegetable Fingers with Sweet Sauce Vegetable Manchurian White Rice	Curried Chicken Pasta Salad	Halloumi Cheese and Cucumber in Panini	Pineapple Cubes

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

<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 14/05/2017</b>	Salisbury Steak with Onion Gravy Baked Italian Vegetable Parsley Potato Cubes	Vegetable Salisbury Steak with Onion Gravy Baked Italian Vegetable Parsley Potato Cubes	Chicken Fajita in Tortilla Bread	Quinoa Fruit Salad	Fruit Salad
<b>MONDAY 15/05/2017</b>	Chicken Korma Light Gravy Saffron Pilaf Rice Steamed Peas and Corn	Vegetable Korma Light Gravy Saffron Pilaf Rice Steamed Peas and Corn	Tuna and Baguette	Cheese and Egg Sandwich	Vermicelli Pudding
<b>TUESDAY 16/05/2017</b>	Poached Salmon Balls in Sweet and Sour Sauce Sauté Green Beans and Carrots Brown Rice	Vegetable Parcels with Tomato Sauce Sauté Green Beans and Carrots Brown Rice	Roast Beef in Wholemeal Bread	Cold Thai Noodles Salad	Rock Melon Sticks
<b>WEDNESDAY 17/05/2017</b>	Penne Arrabiata with Turkey and Mushroom Honey-glazed Beetroot and Carrot sticks	Penne Arrabiata with Artichoke and Mushroom Honey-glazed Beetroot and Carrot sticks	Turkey Salad with Grilled Pepper and Mushroom	Grilled Vegetable Sandwich	Banana Oats Cake
<b>THURSDAY 18/05/2017</b>	Chicken Ala King Sauté Broccoli and Sweet Corn Hungarian Paprika Potato	Vegetable Ala King Sauté Broccoli and Sweet Corn Hungarian Paprika Potato	Warm Chicken Salad with Mango and Avocado	Iceberg Sweet Corn and Orange Salad	Oats Mango Pudding

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

<b>WEEK 4</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 21/05/2017</b>	Chicken Marengo Sauté Mixed Pumpkin and Snow Peas Mushroom Dill Rice	Three Beans Casserole Sauté Mixed Pumpkin and Snow Peas Mushroom Dill Rice	BBQ Chicken and Grilled Pineapple in Brown Baguette	Mexican Four Beans Salad	Fruit Yoghurt
<b>MONDAY 22/05/2017</b>	Beef Steak Pizzaiola Sauce Steamed Sweet Corn and Peas Mashed Potato	Chickpea and Leek Balls with Pizzaiola Sauce Steamed Sweet Corn and Peas Mashed Potato	Beef Salad with Grilled Pepper and Mushrooms	Tex-Mex Vegetable in Tortilla Wrap	Fruit Custard
<b>TUESDAY 23/05/2017</b>	Grilled Fish with Curried Lemon Butter Sauce Vegetable Ratatouille White Rice	Mushroom Stroganoff Antipasti Vegetable Ragout White Rice	Cajun Grilled Chicken with Guacamole in Baguette	Water Melon Feta Crumbled Salad	Cubed Mixed Melons
<b>WEDNESDAY 24/05/2017</b>	Shell Pasta with Diced Turkey in Alfredo Sauce Sliced Carrots Ala Caramelized	Shell Pasta with Diced Roast Vegetable in Alfredo Sauce Sliced Carrots Ala Caramelized	Beef Burger in Bun	Cheese and Vegetable Sandwich	Mouhalabieh
<b>THURSDAY 25/05/2017</b>	Hawaiian BBQ Chicken Balls Steamed Broccoli and Carrots Baked Smiley Potato	Stir Fried Vegetable with Tofu Steamed Broccoli and Carrots Baked Smiley Potato	Tuna Antipasti in Baguette	Beetroot Apple and Sweet Corn Salad	Fruit Salad

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

WEEK 5	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 28/05/2017	Smothered Steak Strips with Cream Mushroom Steamed Coin Carrots and Marrow White Rice	Vegetable Cottage Pie Steamed Coin Carrots and Marrow White Rice	Chicken Fajitas in Tortilla Bread	Roasted Pumpkin with Dates and Rocca Salad	Fruit Yoghurt
MONDAY 29/05/2017	Chicken Paprika with Roasted Pepper Garlic Rosemary Baby Potato Roasted Vegetables	Vegetable Manchurian Balls Garlic Rosemary Baby Potato Roasted Vegetables	Tuna in Wholemeal Baguette	Egg and Cheese Sandwich	Watermelon Cubes
TUESDAY 30/05/2017	Grilled Fish with Asparagus Basil Sauce Pilaf Rice Sauté Corn and Carrots	Vegetable Casserole with Beans Pilaf Rice Sauté Corn and Carrots	Chicken Burger in Bun	Coloured Pepper Coleslaw	Apple Crumble with Custard
WEDNESDAY 31/05/2017	Greek Style Mini Pasta with Vegetable and Turkey Sauté Green Beans and Cauliflower	Greek Style Mini Pasta with Roasted Vegetables Sauté Green Beans and Cauliflower	Grilled Beef and Vegetable Salad	Quinoa Roasted Pumpkin and Beetroot Salad	Orange Smiley
THURSDAY					