

**COLLEGIATE AMERICAN SCHOOL – PRE-KG, KG 1 & 2, GRADE 1 & 2  
LUNCH BOX MENU FOR THE MONTH OF JANUARY 2018**

<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 07/01/2018</b>	Lemon and Parsley Potato Beef Stroganoff Carrots in Dill	Lemon and Parsley Potato Mushroom Stroganoff Carrots in Dill	Tuna Salad Sandwich in Whole Wheat Roll	Iceberg Sweet Corn and Orange Salad	Fruit Yoghurt
<b>MONDAY 08/01/2018</b>	Tomato Rice Grilled Fish with Lemon Chive Sauce Honey-glazed Beetroots and Carrots	Tomato Rice Paneer Mutter with Light Curry Sauce Honey-glazed Beetroots and Carrots	Chicken Tandoori Salad	Cheese and Tomato Sandwich	Fruit Trifle with Custard
<b>TUESDAY 09/01/2018</b>	Coriander Potato Chicken Cacciatore Saute Sweet Corn and Green Peas	Coriander Potato Vegetable Cacciatore Saute Sweet Corn and Green Peas	Roast Beef with Whole Wheat Bread	Pasta Salad with Artichoke	Fruit Salad
<b>WEDNESDAY 10/01/2018</b>	Pasta Formaggio with Turkey & Three Herbs Assorted Grilled Vegetables	Pasta in Pink Sauce with Asparagus & Artichoke Assorted Grilled Vegetables	Beef Salad with Grilled Pepper and Mushroom	Grilled Vegetable Sandwich	Fresh Watermelon Cubes
<b>THURSDAY 11/01/2018</b>	Jasmine Rice Baked Chicken with Sautee Tomato and Pepper Sauté Green Beans	Jasmine Rice Vegetable Greek Style Sauté Green Beans	Roast Chicken with Guacamole in Baguette	Mango Paneer Sandwich	Mohalabieh

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WEEK 3	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 14/01/2018	Lemon Rice Baked Chicken with Spinach and Cream Sauce Boiled Carrots and Sweet Peas	Lemon Rice Vegetable Cacciatore Boiled Carrots and Sweet Peas	Chicken Hawaiian Salad	Four Beans Salad	Fruit Yoghurt
MONDAY 15/01/2018	Creole Roast Potato Beef Steak with Puttanesca Sauce Steamed Sweet Corn and Green Peas	Creole Roast Potato Mushroom Stroganoff Steamed Sweet Corn and Green Peas	Beef Fajita in Tortilla Roll	Rainbow Salad	Diced Pineapple
TUESDAY 16/01/2018	Mint & Coriander Rice Fish Fillet Italian Saute Cut Green Beans and Carrots	Mint & Coriander Rice Vegetable Ala King Saute Cut Green Beans and Carrots	Tuna Chef Salad	Lentil Salad	Lemon Pie
WEDNESDAY 17/01/2018	Pasta Casserole with Turkey, Vegetables & Cheese Assorted Grilled Vegetables	Mini Pasta with Spinach in Creamy Sauce Assorted Grilled Vegetables	Grilled Chicken Wrap	Panini Sandwich in Whole Wheat Roll	Rock Melon Cubes
THURSDAY 18/01/2018	Jasmine Rice Chicken Marengo Saute Cabbage and Red Pumpkin	Jasmine Rice Vegetable Chopsuey Saute Cabbage and Red Pumpkin	Beef Salad with Grilled Pepper and Mushroom	Rocca and Sweet Corn Salad	Apple Crumble

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WEEK 4	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 21/01/2018	Jasmine Rice Sweet Chicken Cube Masala Saute Cabbage and Red Pumpkin	Jasmine Rice Vegetable Makhanwala Saute Cabbage and Red Pumpkin	Beef Salad with Grilled Pepper & Mushrooms	Aegean Summer Salad	Fruit Yoghurt
MONDAY 22/01/2018	Chateau Potato Italian Meatballs in Tomato Sauce Saute Peas and Carrots	Chateau Potato Vegetable Fajitas with Tofu Saute Peas and Carrots	Omelette in Tortilla Bread	Rocca & Sweet Corn Salad	Banana Oats Cake
TUESDAY 23/01/2018	Mushroom Rice Grilled Fish Ala Greek Honey-glazed Beetroot and Carrots	Mushroom Rice Grandmas Vegetable Casserole Honey-glazed Beetroot and Carrots	Chicken Panini Sandwich	Panini Sandwich in Whole Wheat Roll	Watermelon Cubes
WEDNESDAY 24/01/2018	Shell Pasta Ala Ortolano Assorted Grilled Vegetable	Shell Pasta with Vegetables Assorted Grilled Vegetable	Tuna Sandwich in Multi Cereal Bread	Vegetable Tikka Sandwich	Sticky Toffee Pudding
THURSDAY 25/01/2018	Chicken Biryani Vegetable Cacciatore	Vegetable Biryani Vegetable Cacciatore	Oriental Chicken Salad	Russian Salad	Low Fat Yoghurt

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WEEK 5	HOT MEAL NON-VEGETARIAN	HOT MEAL VEGETARIAN	COLD MEAL NON-VEGETARIAN	COLD MEAL VEGETARIAN	DESSERT
SUNDAY 28/01/2018	Healthy Beef Casserole Steamed Coin Carrots and Turnip Champ Potato	Butter Beans Stew Steamed Coin Carrots and Turnip Champ Potato	Chicken Tandoori Salad	Vegetable Fajitas	Fruit Yoghurt
MONDAY 29/01/2018	Chicken Machboos Vegetable Casserole	Vegetable Machboos Vegetable Casserole	Roast Chicken with Guacamole in Baguette	Beetroot and Apple Salad	Fruity Mini Muffin
TUESDAY 30/01/2018	Fish Fillet with Garlic Sauce Zesty Green Peas & Squash	Ravioli Provencal Zesty Green Peas & Squash Savoury Roast Potato	Tuna Sandwich in Multi Cereal Bread	Russian Salad	Lemon Pie
WEDNESDAY 31/01/2018	Bow Tie Pasta with Sundried Tomato and Turkey Sliced Carrots Ala Camille	Bow Tie Pasta with Sundried Tomato Sliced Carrots Ala Camille	Turkey with Ice berg Lettuce in Chappati Bread	Rocca and Sweet Corn Salad	Carrot Pudding
THURSDAY					