

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tea	Hot choc & Mandazi	Yoghurt	Hot Choc & Raisin Scones	Hot Choc & Arrow Roots	Hot Choc & Cake
Lunch	Coloured Fettucine & Bacon Salad Water Melon	Chapati Green Grams Spinach Oranges	Ugali Beef Stew Cabbage Seasonal Fruit	Coconut Rice Beans French Beans/Carrot Fruit Jelly	French Fries Hamburger Salad Bananas
	WEEK 2				
Tea	Yoghurt	Hot Choc & Brown Bread (Peanut Butter)	Hot Choc & Banana Muffins	Hot Choc & Pancakes	Hot Choc & Oatmeal Cookies
Lunch	Baked Macaroni with White Sauce Salad Pineapples	Plain Rice Vegetable Curry Water Melon	Mashed Potatoes Chicken Spinach Seasonal Fruit	Beef Pilau Kachumbari Ice Cream	Ugali Roast Lamb Sauteed Kales & Spinach Tangerines
	WEEK 3				
Tea	Sweetened Oatmeal Porridge	Yoghurt	Hot Choc & Raisin Scones	Hot Choc & Corn on the cob	Hot Choc & Doughnuts
Lunch	Fried Rice Fish Steamed Cabbage Water Melon	Ugali Minute Steak Kales/Spinach Pineapples	Chapati Beans Chinese Cabbage Fruit Jelly	Spaghetti Swedish Meatballs Mixed Salad Mangoes	Pizza Hawaii Green Salad Bananas
	WEEK 4				
Tea	Yoghurt	Hot Choc & Brown Bread (peanut Butter)	Hot Choc & Mandazi	Hot Choc & Sweet Potatoes	Hot Choc & Oatmeal Cookies
Lunch	Vegetable Rice Lamb Casserole Oranges	French Fries Roast Chicken Coleslaw Salad Tangerines	Spaghetti Delight Sausage Mixed Salad Pineapples	Chapati Beans/Courgette Seasonal Fruit	Cumin Rice Sweet & Sour Beef Julienne Mixed Vegetables Ice- cream