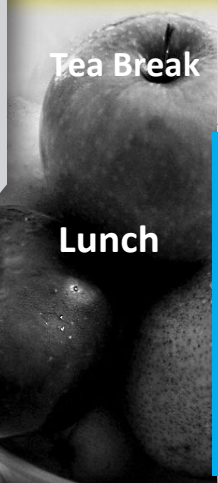

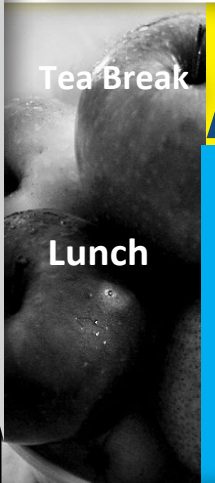





Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
 Tea Break	Yoghurt	Mandazi & Hot Chocolate	Cake of the day & Hot chocolate	Brown bread & Hot Chocolate	Sweet Potatoes & Hot Chocolate
	Lunch	Spaghetti Alfredo Ham mushroom sweet peppers, peas eggplant in pomodoro sauce Watermelon	Ugali Beef stew Cabbage Pineapple	Spanish Rice Beef curry Courgettes &carrots	Parsley Potatoes Baked fish sauce Spinach Ripe bananas

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
 Tea Break	Yoghurt	Yellow corn Hot chocolate	American Pancake Hot Chocolate	Sweet bananas Hot chocolate	Oatmeal cookies Hot chocolate
	Lunch	Coconut Rice Kidney beans Mixed vegetables Mangoes	Chapati Beef Goulash Cabbage Tangerine	Ugali Pork ribs Lamb Chops Gravy Kales/Spinach Melon	Noodles Stripped beef Chinese Cabbage Pineapples

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
 Tea Break	Wimbi Porridge	Brown bread Hot chocolate	Raisins Scones Hot Chocolate	Yoghurt	Arrow roots Hot Chocolate
	Lunch	Baked Macaroni with Cheese Pineapples	Potato salad Roast Lamb Spring Onions Gherkins Watermelon	Spaghetti Chicken bites with white sauce Assorted vegetables Ice cream	Chapati Red beans Cabbage Ripe bananas

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
 Tea Break	Mandazi Hot Chocolate	Yoghurt	Doughnut Hot Chocolate	Sweet potato Hot chocolate	Banana Muffins Hot Chocolate
	Lunch	Noodles Stripped beef Red cabbage Apples brown sugar Pineapples	Ugali Minute Steak Kales/ Spinach Ripe Bananas	Chinese Rice Chicken Mixed Vegetables Tangerine	Sloppy Joes French Fries Mixed salad Watermelon

Term 1 Menu