

POTTERHOUSE SCHOOL LUNCH MENU 2019/2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAK	HOT CHOC & BROWN BREAD	YOGHURT	HOT CHOC & MANDAZI	HOT CHOC & CAKE OF THE DAY	HOT CHOC & SWEET POTATOES
WEEK 1	Oriental Rice Red Bean Curry Sautéed Carrots & French Beans Bananas	Ugali Beef Stroganoff Sautéed Cabbage Fresh Fruit	Classic Spaghetti & Meatballs Mixed Green Salad Fresh Fruit	Chapati Daal Makhani Tossed Spinach Fresh Fruit	Breaded Fish Rosemary Potato Wedges Coleslaw Fresh Fruit
BREAK	HOT CHOC & MANDAZI	WIMBI PORRIDGE	HOT CHOC & BROWN BREAD	HOT CHOC & PANCAKES	HOT CHOC & RAISIN SCONES
WEEK 2	Fried Rice Spicy Lentil Curry Stir-fried Vegetables Bananas	Kenyan Mukimo Hearty Beef Goulash Sautéed Cabbage Fresh Fruit	Ugali Grilled Lamb Chops with Gravy Stir-fried Spinach & Kale Fresh Fruit	Pilau Kachumbari Fresh Fruit	French Fries Beef/Pork Sausages Greek Salad Fresh Fruit
BREAK	HOT CHOC & BROWN BREAD	YOGHURT	HOT CHOC & MANDAZI	HOT CHOC & CAKE OF THE DAY	HOT CHOC & SWEET POTATOES
WEEK 3	Coconut Rice Masala Daal Sautéed Carrots & French Beans Bananas	Lyonnais Potatoes Mini Beef Steaks with Jus Mixed Green Salad Fresh Fruit	Basil Penne Pasta Ragu Ala Bolognese Stir-Fried Vegetables Fresh Fruit	Chapati Ndengu Curry Tossed Spinach Fresh Fruit	Ugali Beef Stroganoff Sautéed Cabbage Fresh Fruit
BREAK	HOT CHOC & MANDAZI	WIMBI PORRIDGE	HOT CHOC & OATMEAL COOKIES	HOT CHOC & BROWN BREAD	HOT CHOC & RAISIN SCONES
WEEK 4	Oriental Rice Spicy Lentil Curry Stir-fried Vegetables Bananas	Beef Mini Pizzas Mixed Green Salad Fresh Fruit	Ugali Grilled Lamb Chops with Gravy Stir-Fried Spinach & Kale Fresh Fruit	Pilau Sautéed Cabbage Fresh Fruit	French Fries Roast Spicy chicken Coleslaw Fresh Fruit