

School Weekly Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Break	Hot Chocolate Bread (BB and Jam)	Brown porridge cake	Milk and chocolate Egg	Brown Porridge Cake	Hot Chocolate Mandazi
Lunch	Spaghetti Mince Meat Spinach Githeri	Vegetable Rice Lentil stew Ndengu Mixed vegetables	Ugali Beef stew Greens	Chapati Kamande Spinach/Veggies	Mashed potatoes Chicken stew Mixed veggies
Afternoon Snack	Fruit salad	Watermelon slices	Fruit in Season	Yoghurt	Fruit salad
Week 2					
Break	Hot Chocolate Bread (BB and Jam)	Hot Chocolate Sweet potatoes	Brown porridge Cake	Hot chocolate Mandazi	Tea Bread (BB and Jam)
Lunch	Matoke Beef stew Mixed vegetables Githeri	Rice Stewed Beans Spinach/mixed veggies	Ugali Beef stew Greens	Macaroni Mixed veggies	Vegetable pilau Chicken stew Vegetables
Afternoon Snack	Fruit in Season	Fruit in Season	Yoghurt	Fruit in Season	Fruit salad

Yummy