



SCHOOL MENU

8TH TO 12 TH JANUARY 2018

DAY	KINDERGARTEN	PRIMARY	HIGH SCHOOL	HIGH SCHOOL DINNER
		HOLIDAY	HOLIDAY	HOLIDAY
MONDAY				
	Minute steak, gravy salad	Minute steak, gravy salad	Minute steak, gravy salad	HOLIDAY
TUESDAY	Roast potatoes Pineapple Sub: Veg burger	Roast potatoes Pineapple Sub: Veg partie	Roast potatoes Pineapple Teachers	
	Green gram curry Chapati, spinach	Green gram curry Chapati, spinach	Green gram curry Chapati, spinach	Minute steak Mashed potatoes
WEDNESDAY	Water melon sub: veg casserole	Water melon sub: veg casserole	Water melon sub: veg casserole Teachers	Spinach Watermelon Sub: Veg partie
	Beef casserole Ugali	Beef casserole Ugali	Green gram curry Chapati	Minute steak, brown sauce Fried rice
THURSDAY	Spinach Ice cream	Spinach	creamed spinach Ice cream	sauteed cabbage & carrots Sub: Veg burger
	Beef mince pilau, Bbq sauce coleslaw salad	Beef mince pilau, Bbq sauce coleslaw salad	Veg biriyani, sweet & sour sauce ice cream	Pasta bolognaisse Sauted broccoli
FRIDAY	Sweet banana	Sweet banana		Melon mukimo without maize
			Beef pilau sauteed carrots & cauliflower Yoghurt	Sweet potato veg curry Chapati watermelon
SATURDAY				
			Vegetable biriyani Sweet & sour sauce watermellon	Chicken tikka Ugali Spinach
SUNDAY				Vanilla cake , custard



SCHOOL MENU

15TH TO 19TH JANUARY 2018

DAY	KINDERGARTEN	PRIMARY	HIGH SCHOOL LUNCH	HIGH SCHOOL DINNER
	Beef bolognaise with penne pasta	Beef bolognaise with penne pasta	Beef bolognaise with penne pasta	Beef stir fry
	Sauteed cabbage & carrots	Sauteed cabbage & carrots	Sauteed cabbage & carrots	Ugali, gravy, spinach
	Watermelon	Watermelon	Sub: Steamed rice	pineapple
MONDAY	Sub: Veg primavera	Sub: Veg primavera	Vanilla yoghurt	
	Fried beef & Ugali teachers & admin	Fried beef & Ugali teachers & admin	Fried beef & Ugali teachers & admin	
	Yellow lentil curry	Yellow lentil curry	Yellow lentil curry	Chicken Sausage casserole
	Vegetable fried rice	Vegetable fried rice	Vegetable fried rice	Spaghetti
	Sub: veg casserole & steamed rice	Sub: veg casserole & steamed rice	Sub: veg casserole & steamed rice	sauteed cabbage & carrots
TUESDAY	fruit cake with strawberry sauce	fruit cake with strawberry sauce	fruit cake with strawberry sauce	Sub: boiled parsley potatoes
				Roasted orange wedges
	Grilled fish	Grilled fish	Gritheri	Grilled fish
	Ugali	Ugali, salad	Strawberry yoghurt	Ugali
	Spinach	Spinach		Spinach
WEDNESDAY	Sweet banana	Sweet banana		Banana
	Sub: Minute steak & Veg cutlet	Sub: Minute steak & Veg cutlet		
	Bean casserole	Bean casserole	Green gram curry	Spaghetti bolognaise
	Safron rice	Safron rice	Chapati	creamed spinach
THURSDAY	Spinach	Spinach	creamed spinach	Pineapple cutlets
	Sweet banana	Sweet banana	Ice cream	Sub: creamy mashed potatoes
	Chicken Sausage	Chicken Sausage	Bean casserole	Beef stew, Macaroni
	Lyonnais potatoes	Lyonnais potatoes	Fragrant rice	Sauteed broccoli
	Salad	Salad	sub: Veg casserole	Banana
	Watermelon	Watermelon	Sub: vegetable brown rice for diabetics	
FRIDAY			Watermelon	
			Beef pilau, gravy & salad	Sweet potato veg curry
			sub: spiceless beef pilau	Chapati
			sauteed carrots & cauliflower	watermelon
SATURDAY			Sub: vegetable brown rice for diabetics	
			Mixed berry yoghurt	
			Vegetable biriyani	Chicken tikka
			Sweet & sour sauce	Ugali
SUNDAY			watermelon	Spinach
				Vanilla cake , custard



SCHOOL MENU

22ND TO 26TH JANUARY 2018

DAY	KINDERGARTEN	PRIMARY	HIGH SCHOOL LUNCH	HIGH SCHOOL DINNER
	Beef bolognaisse with penne pasta	Beef bolognaisse with penne pasta	Beef bolognaisse with penne pasta	Beef stir fry
	Sauteed cabbage & carrots	Sauteed cabbage & carrots	Sauteed cabbage & carrots	Ugali, gravy, spinach
	Pineapple	Pineapple	Sub: Steamed rice	pineapple
MONDAY	Sub: Veg primavera	Sub: Veg primavera	Vanilla yoghurt	
	Fried beef & Ugali teachers & admin	Fried beef & Ugali teachers & admin	Fried beef & Ugali teachers & admin	
	Yellow lentil curry	Yellow lentil curry	Yellow lentil curry	Chicken Sausage casserole
	Vegetable fried rice	Vegetable fried rice	Vegetable fried rice	Spaghetti
	Sub: veg casserole & steamed rice	Sub: veg casserole & steamed rice	Sub: veg casserole & steamed rice	sauteed cabbage & carrots
TUESDAY	fruit cake with strawberry sauce	fruit cake with strawberry sauce	fruit cake with strawberry sauce	Sub: boiled parsley potatoes
				Roasted orange wedges
	Grilled fish	Grilled fish	Gritheri	Grilled fish
	Ugali	Ugali, salad	Strawberry yoghurt	Ugali
	Spinach	Spinach		Spinach
WEDNESDAY	Sweet banana	Sweet banana		Banana
	Sub: Minute steak & Veg cutlet	Sub: Minute steak & Veg cutlet		
	Bean casserole	Green gram curry	Green gram curry	Spaghetti bolognaisse
	Chapati	Chapati	Chapati	creamed spinach
THURSDAY	Watermelon	creamed spinach	creamed spinach	Pineapple cutlets
			Ice cream	Sub: creamy mashed potatoes
	Beef pilau	Beef pilau	Bean casserole	Beef stew, Macaroni
	Bbq sauce	Bbq sauce	Fragrant rice	Sauted broccoli
	Salad	Salad	sub: Veg casserole	Banana
	Watermelon	Ice -cream	Sub: vegetable brown rice for diabetics	
FRIDAY			Watermelon	
			Beef pilau, gravy & salad	Sweet potato veg curry
			sub: spiceless beef pilau	Chapati
			sauteed carrots & cauliflower	watermelon
SATURDAY			Sub: vegetable brown rice for diabetics	
			Mixed berry yoghurt	
			Vegetable biriyani	Chicken tikka
			Sweet & sour sauce	Ugali
SUNDAY			watermelon	Spinach
				Vanilla cake , custard