

NEW MENU WEEK 1

Day	Break	Lunch	Desert
Monday	Oats Bar	Spaghetti Bolognaise with steamed vegetables	Sweet Melon/Banana Platter
Tuesday	Carrot Sticks and popcorn	Mashed Potatoes with a tomato meat Sauce with braised vegetables	Oranges
Wednesday	Whole muffins	Pasta in Vegetable Sauce	Cakes and Custard
Thursday	Mandazi	Fish fingers, potato wedges and steamed vegetables	Yoghurt and Apples
Friday	Pancakes	Chicken Casserole with Rice and Vegetables	Ice Cream

NEW MENU WEEK 2

Day	Break	Lunch	Desert
Monday	Carrot Sticks and Wholemeal Biscuits	Githeri Sauce and Chapati	Cakes and Custard
Tuesday	Carrot Sticks and popcorn	Roast Potatoes/meat Burgers with carrot sticks	Fruit platter
Wednesday	Oats Bar	Green grams and Rice	Oranges
Thursday	Mandazi	Beef Casserole and Rice	Watermelon / pineapple
Friday	Wholemeal Muffins	Chips and Sausage +Salad	Ice Cream