



**RUSINGA  
SCHOOLS**

# KINDERGARTEN MENU

JANUARY TERM II 2023

WEEK ONE

WEEK TWO

WEEK THREE

WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	<p>MEXICAN RICE / BOLGNAISE SAUCE / STEAMED VEGETABLES</p> <p>***</p> <p>SEEDLESS ORANGES</p>	<p>UGALI / SPINACH / CHICKEN DRUMSTICKS</p> <p>***</p> <p>WATERMELON SLICES</p>	<p>CHAPATI / MASOOR / STIR FRY CHINESE VEGETABLES</p> <p>***</p> <p>SWEET BANANAS</p>	<p>CHIPS / SAUSAGES / CARROT SALAD</p> <p>***</p> <p>ORANGES</p>	<p>COCONUT RICE / PEAS &amp; CARROT STEW / FRIED CABBAGES</p> <p>***</p> <p>YELLOW PASSION</p>
WEEK TWO	<p>UGALI / MINCE STEW / SPINACH</p> <p>***</p> <p>WATERMELON SLICES</p>	<p>PARSELY RICE / CREAMED PEAS &amp; CARROT STEW / STIR FRY CHINESE CABBAGE</p> <p>***</p> <p>ORANGES</p>	<p>UGALI / CHICKEN IN SAUCE STEW / FRIED GREENS VEGETABLE</p> <p>***</p> <p>WATERMELON SLICES</p>	<p>CHAPATI / GREEN GRAMS STEW/ ORIENTAL VEGETABLES</p> <p>***</p> <p>SWEET BANANAS</p>	<p>FRENCH FRIES / CHICKEN DRUMSTICKS / CARROT SALAD</p> <p>***</p> <p>ORANGES</p>
WEEK THREE	<p>TUMERIC RICE / VEGETABLE STEW / STEAMED SPINACH / GARNISH CARROTS</p> <p>***</p> <p>FRUIT IN SEASON</p>	<p>CHAPATI / LENTILS STEW / ORIENTAL VEGETABLES</p> <p>***</p> <p>WATER MELON</p>	<p>FRENCH FRIES / CHICKEN TANDOORI (NON-SPICE) / CHINESE SALAD</p> <p>***</p> <p>SWEET BANANAS</p>	<p>UGALI / MINCE GÖULASH / GREEN VEGETABLES</p> <p>***</p> <p>ORANGES</p>	<p>PARSELY RICE / VEGETABLE STEW</p> <p>***</p> <p>SWEET BANANAS</p>
WEEK FOUR	<p>CURRY RICE / VIENNA STEW / STEAMED VEGETABLES</p> <p>***</p> <p>WATERMELON SLICES</p>	<p>CHIPS / SAUSAGES / CARROT SALAD</p> <p>***</p> <p>YELLOW PASSION</p>	<p>RICE / PEAS CARROTS STEW / CUBED VEGETABLES</p> <p>***</p> <p>SWEET BANANAS</p>	<p>UGALI / MINCED STEW / FRIED SPINACH</p> <p>***</p> <p>WATERMELON SLICES</p>	<p>CHAPATI / CREAMED KAMANDE / BRAISED VEGETABLES</p> <p>***</p> <p>FRUIT IN SEASON</p>