



WEEK ONE

WEEK TWO

WEEK THREE

WEEK FOUR

MONDAY

CHILLI CORN CARNE /
MEXICAN RICE / ORIENTAL
VEGETABLES / PEAS &
CARROT STEW

SEEDLESS ORANGES

TUESDAY

UGALI/CHICKEN
DRUMSTICKS / SPINACH
SUKUMAWIKI

WATERMELON

WEDNESDAY

CHAPATI / RICE / NDENGU /
BEANS CURRY / MIXED
VEGETABLE

SWEET BANANAS

THURSDAY

CHIPS / SAUSAGES /
COLESLAW

ASSORTED ICE-CREAM

FRIDAY

FARFALLE PASTA/ GRILLED
SWEET POTATOES / BEEF
GOULASH / VEGETABLE
STEW / CHEF SALAD

FRUIT PLATTER

UGALI / BRACED BEEF FRY /
CREAMED SUKUMA /SPINACH

WATERMELON SLICES

PILLAF RICE / CREAMED
GITHERI / GUACAMOLE
SALAD / STIR FRY BEEF

ORANGES

TASTY GARLIC MASHED
POTATOES / HEARTY
SPAGHETTI/ GRAVY / Kofta
CURRY / CHINESE SALAD

YOGHURT

CHAPATI / RICE / PEAS &
CARROT STEW / LENTILS /
CREAMED SPINACH WITH
CARROTS

PINEAPPLE

CHIPS / FISH FINGERS /
VIENNA SAUSAGES /
TARTAR SAUCE / MIXED
SALAD

SWEET BANANAS

RISIBISI RICE / KACHUMBARI
SALAD / GRAVY ON THE SIDE

FRUIT IN SEASON

MACARONI / MUKIMO /
BRAISED BEEF / STIR FRY
VEGETABLES

CAKE IN CASTARD PUDDING

ROAST POTATOES /
CHICKEN
TANDORI /
CHINESE SALAD

SWEET BANANAS

UGALI / FRIED SPINACH /
SUKUMAWIKI / BEEF WET
FRY

ORANGES

BEEF PILAU/ VEGETABLE
PILAU / BAKED BEANS

FRUIT SALAD

HEALTHY MASHED POTATOES /
ITALIAN SPAGHETTI / BEEF
STROGANOFF / SPINACH / DICED
CARROTS

WATERMELON

CHIPS MASALA /
CHICKENBURGER /
BEEFBURGER / COLESLAW

ICE-CREAM

UGALI / SUKUMAWIKI /
SPINACH / CHICKEN
DRUMSTICKS

ORANGES

MACARONI COMBO / BAKED
ARROWROOTS / BEEF
STRIPS / VEG CASSEROLE /
CARROT SALAD

ASSORTED YOGHURT

CHAPATI / PARSLEY RICE /
KAMANDE / PEAS & CARROT
STEW / BRAISED
VEGETABLES

FRUIT PLATTER