

WEEK 5 TERM 1 MENUS 2017/18

MONDAY: SPAGHETTI BOLOGNAISE
TOMATO SAUCE / CHEESE
GARLIC BREAD
SALAD

FRUIT SALAD

TUESDAY: BEEF CURRY
MIXED DAL
NAANS
SAUTE CABBAGE
SALAD

ORANGES

WEDNESDAY: FISH IN BUTTER
VEG IN BUTTER
POTATOES PARSLEY
SALAD

ICE CREAM

THURSDAY: CHICKEN CHOWMEIN
STIR FRY VEG
CHINESE RICE
SWEET 'N' SOUR SAUCE
SALAD

FRUIT PLATTER

FRIDAY SAUSAGES/VEG
CHIPS / TOMATO SAUCE
SALAD

JELLY

WEEK 6 TERM 1 MENUS 2017/18

MONDAY: MUTTON PILAU
BOONI RAITHA
KACHUMBARI
SALAD

FRUIT SALAD

TUESDAY: PIZZA VEG / BEEF
POTATO SALAD
SALAD

YOGHURT

WEDNESDAY: FISH CAKES / VEG CAKES
FRIED POTATOES
SALAD

VERMICELLI KHEER

THURSDAY: CHICKEN MASALA
MIXED DAL
ORIENTAL RICE
SALAD

BREAD IN BUTTER PUDDING

FRIDAY: HOTDOGS
KUSHTAS
LYONNAISE POTATOES
SALAD

CHOCOLATE PUDDING

WEEK 7 TERM 1 MENUS 2017/18

MONDAY: PASTA'S IN VARIOUS MIX (MUTTON)
MINCE MEAT PASTAS
VEG PASTAS
SALAD

YOGHURT

TUESDAY: BEEF POT ROAST / GRAVY
MASOOR DAL
STEAMED RICE
SALAD

FRUIT SALAD

WEDNESDAY: FISH MUNIERE
VEG IN CHEESE
SAUTE POTATOES
SALAD

TRIFLE

THURSDAY: CHICKEN BIRIANI
VEG BIRIANI
KACHUMBARI

PINEAPPLE SLICE

FRIDAY BEEF BURGERS / VEG
PARSLEY POTATOES
SALAD

CHOCOLATE MOUSSE

WEEK 8 TERM 1 MENUS 2017/18

MONDAY: KENYAN DISH
UGALI
SUKUMA / MATOKE
PEANUT SAUCE
SALAD

YOGHURT

TUESDAY: SHEPHERDS PIE
VEGETABLE PIE
BREAD SLICE
SALAD

ICE CREAM

WEDNESDAY: CHICKEN POUSSIN
MIXED DAL
PARSLEY POTATOES
SALAD

FRUIT PLATTER

THURSDAY: BEEF STIR FRY
VEG STIR FRY
CHINESE RICE
SWEET 'N' SOUR SAUCE
SALAD

BANANA IN CUSTARD

FRIDAY FISH IN BUTTER
PALAK PANEER
CHIPS
SALADS

WATERMELON