

TERM 1 MENUS 2016/17
TEACHERS & BOARDERS

MONDAY:

29/08/16

FISH FINGERS /TARTARE SAUCE
CHILLY PANEER
LYONNAISE POTATOES

SALADS

ORANGES

TUESDAY:

30/08/16

BEEF GOULASH
RED BEANS GOULASH
SWAHILI CHAPATIS
SAUTE CABBAGES

SALAD

ICE CREAM

WEDNESDAY:

31/08/16

MUTTON CURRY
VEGETABLE RATATOVILLE
SWEET RICE

SALADS

WATER MELON

THURSDAY:

01/09/16

CHICKEN STEW
FRESH PEAS
MASHED POTATOES

SALADS

FRUIT SALAD

FRIDAY

02/09/16

BEEF PILAU
VEGETABLE PILAU
KACHUMBARI

SALAD

BANANA FRITTERS



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WEEK 1 TERM 1 MENUS 2016/17

MONDAY:

FISH BIRIANI
VEGETABLE BIRIANI
KACHUMBARI
RAITHA

FRUIT PLATTER

TUESDAY:

BEEF POT ROAST/WITH VEGETABLE
METHI BHAJIA
FRIED POTATOES/TOMATO SAUCE
SALAD

ORANGES

WEDNESDAY:

MUTTON CURRY
GREEN NDENGU
SWAHILI CHAPATIS
SAUTE CABBAGES
SALAD

YOGHURT

THURSDAY:

STIR FRY BEEF
VEGETABLE STIR FRY
CHINESE RICE
SWEET N SOUR SAUCE

PINEAPPLE UPSIDE DOWN

FRIDAY

CHICKEN MARYLAND/PANEER MATTER
PARSLEY POTATOES/TOMATO SAUCE
SALAD

FRUIT SALAD



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WEEK 2 TERM 1 MENUS 2016/17

MONDAY:

SPAGHETTI BOLOGNAISE
SOSSI SOYA
BAKED BEANS
GARLIC BREAD
SALADS

PINEAPPLE CRUMBLE

TUESDAY:

STEAK DIANE
MBAAZI IN COCONUT SAUCE
MAHAMRIS/STEAMED RICE
SALAD

ICE-CREAM

WEDNESDAY:

FISH CAKES/TARTARE SAUCE
CRISPY LENTILS
CHIPS/TOMATO SAUCE
SALAD

CHOC PUDDING

THURSDAY:

BEEF PILAU
VEGETABLE PILAU
KACHUMBARI

FRUIT SALAD

FRIDAY

CHICKEN WET FRY/VEGETABLE IN CHEESE
BUTTERED POTATOES/TOMATO SAUCE
SALADS

WATER MELON



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WEEK 3 TERM 1 MENUS 2016/17

- MONDAY: BRAISED BEEF
BRAISED VEGETABLE
TOMATO RICE
SALADS

BREAD & BUTTER PUDDING
- TUESDAY PIZZA MUTTON MINCE
VEGETARIAN PIZZA
POTATO SALAD
SALADS

FRUIT PLATTER
- WEDNESDAY: FISH IN BATTER/LEMON WEBGE
DEEP FRIED CAULIFLOWER
LYONNAISE POTATOES
SALADS

ASSORTED JELLY
- THURSDAY: KOFTA CURRY
VEG KOFTA/MIXED DAL
TUMERIC RICE
SALADS

ICE-CREAM
- FRIDAY CHICKEN POUSSIN
VEGETABLE KUSHTA/VICHY CARROTS
SAUTES POTATOES
SALADS

BANANA IN CUSTARD SAUCE



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WEEK 4 TERM 1 MENUS 2016/17

- MONDAY: PASTAS IN VAROIS MIX
MAIZE & CHEESE
TOMATO BASE
MINCE MUTTON
GARLIC BREAD
SALADS
* * * * *
YOGHURT
- TUESDAY: KENYAN DISHES
BEEF STEW/UGALI
SWEET POTATOES/PEANUTS SAUCE
SUKUMA & SPINACH
* * * * *
FRUIT PLATTER
- WEDNESDAY: FISH FINGERS/TARTARE SAUCE
CHILLY PANEER
FRIED POTATOES /TOMATO SAUCE
SALADS
* * * * *
VERMICELL KHEER
- THURSDAY: CHICKEN CHOWMEIN
VEGETABLE/STIR FRY
CHINESE RICE
SALADS
* * * * *
CAKE/SAUCE
- FRIDAY SAUSAGES/VEGETABLE SPRING ROLLS
CHIPS TOMATO SAUCE
SALAD
* * * * *
ORANGES



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WEEK5 TERM 1 MENUS 2016/2017

MONDAY:

PAU BHAJI
BUTTER TOASTED BUNS
RAITHA /TAMARIND
SALAD

FRUIT SALAD

TUESDAY :

CHICKEN CURRY
RED BEANS CURRY
ORIENTAL RICE
SALAD

TRIFLE

WEDNESDAY:

FISH MEUNIERE
MATTER PANEER
LYONNAISE POTATOES
SALAD

ORANGE FRUIT

THURSDAY:

BEEF GOULASH
GREEN NDENGU
SAUTE CABBAGE
SALAD

ICE – CREAM

FRIDAY:

FISH CAKES / TARTARE SAUCE/ METHI BHAJIA
CHIPS / TOMATO SAUE
SALAD

ASSORTED JELLY



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WEEK 6 TERM 1 MENUS 2016 /2017

MONDAY:

CHICKEN BIRIANI
VEGETABLE BIRIANI
KACHUMBARI
RAITHA
SALAD
* * * * *
ORANGE FRUIT

TUESDAY

MUTTON CURRY
GREEN NDENGU
SWAHILI CHAPATIS
SAUTE CABBAGES
SALAD
* * * * *
YOGHURT

WEDNESDAY

FISH IN BATTER/ LEMON WEDGE
VEGETABLE IN CHEESE
FRIED POTATOES/ TOMATO SAUCE
SALAD
* * * * *
PINEAPPLE UPSIDE DOWN

THURSDAY

BEEF STRONGNOFF
CHANNA DAL
SWEET RICE
SALAD
* * * * *
FRUIT SALAD

FRIDAY

HOTDOGS POULTRY VIENNAS
CHILLY PANEER
PARSLEY POTATOES
SALAD
* * * * *
CHOCOLATE MOUSSE.



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WEEK 7 TERM 1 MENUS 2016 /2017

MONDAY:

KHEEMA CURRY
CHOLE (CHICK PEAS)
JEERA RICE
BATURA
BOODHI RAITHA
SALAD

FRUIT SALAD

TUESDAY :

BEEF GORDON BLUE
CAULIFLOWER BHAJIA
LYIONNAISE POTATOES /TOMATO SAUCE
SALAD

VERMICELLI KHEER

WEDNESDAY:

PASTA ALA FORNO
VEGETARIAN PASTA
GARLIC BREAD
SALAD

ICE CREAM

THURSDAY:

CHICKEN TIKKA
PANEER TIKKA
BUTTERED POTATOES /TOMATO SAUCE
SALAD

PINEAPPLE SLICE

FRIDAY:

BEEF STEW
FRESH PEAS / CARROTS
SWAHILI CHAPATIS
SAUTE CABBAGE
SALAD

CAKE / SAUCE



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WEEK 8 TERM 1 MENUS 2016/ 2017

MONDAY:

KOFTA CURRY
VEGETABLE SPINACH KOFTA
SWEET RICE
SALAD

STRAWBERRY TART

TUESDAY:

FISH FINGERS / TARTARE SAUCE
VEGETABLE SPRING ROLLS
CHIPS / TOMATO SAUCE
SALAD

CHOCOLATE PUDDING

WEDNESDAY:

SPAGHETTI BOLOGNAISE
SOSSI SOYA
TOMATO SAUCE /CHEESE
GARLIC BREAD
SALAD

YOGHURT

THURSDAY:

BEEF STIR FRY
CHINESE RICE
SWEET "N" SOUR SAUCE
SALAD

BANANA FRITTERS

FRIDAY

CHICKEN MARYLAND /METHI BHAJIA
ROSEMARY POTATOES / TOMATO SAUCE
SALAD

FRUIT SALAD



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WEEK 10 TERM 1 MENUS 2016/17

MONDAY:

BRAISED BEEF
BRAISED VEGETABLES
ORIENTAL RICE
SALAD
* * * * *
DOUGHNUT WITH SAUCE

TUESDAY:

FISH IN BUTTER
BUTTERED VEGETABLES
MASALA CHIPS
SALAD
* * * * *
ORANGE SLICE

WEDNESDAY:

PIZZA (MINCE MUTTON)
VEGETERIAN PIZZA
POTATO SALAD
SALADS
* * * * *
FRUIT SALAD

THURSDAY:

CHICKEN FLAVOURED WITH CASHEW NUTS
RED BEANS COMCANIA
ONION RICE
SALADS
* * * * *
PINEAPPLE CRUMBLE

FRIDAY

BEEF BURGER / CORN CROQUETTES
PARSLEY POTATOES / TOMATO SAUCE
SALAD
* * * * *
ASSORTED JELLY



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WEEK 11 TERM 1 MENUS 2016/17

MONDAY:

SHEPHARDS PIE
VEGETABLE PIE
GARLIC BREAD
SALAD
* * * * *
ICE- CREAM

TUESDAY:

BROWN LAMB STEW
MIXED DAL
NAANS
SALAD
* * * * *
FRUIT SALAD

WEDNESDAY:

FISH CAKES / TARTARE SAUCE
CRISPY LENTILS
LYONNAISE POTATOES
SALADS
* * * * *
BANANA IN CUSTARD

THURSDAY:

KENYAN DISHES
BEEF STEW / UGALI
SWEET POTATOES / PEANUT SAUCE
SAUTE SPINACH
* * * * *
WATER MELON

FRIDAY

CHICKEN CORR
RED BEANS
STEAMED RICE
SALAD
* * * * *
TRIFLE