



# THE NAIROBI ACADEMY

[www.nairobiacademy.or.ke](http://www.nairobiacademy.or.ke)

## WEEK 1 TERM 1 MENUS 2018/19

MONDAY:

BRAISED BEEF  
BRAISED VEGETABLES  
ONION RICE  
SALAD  
\*\*\*\*\*  
PINEAPPLE UPSIDE DOWN

TUESDAY:

FISH IN BUTTER/LEMON WEDGE  
VEGETABLE BHAJIA  
LYONNAISE POTATOES  
SALAD  
\*\*\*\*\*  
FRUIT PLATTER

WEDNESDAY:

PASTA ALA FORNO  
VEGETARIAN  
GARLIC BREAD  
SALAD  
\*\*\*\*\*  
YOGHURT

THURSDAY:

BEEF STIR FRY  
VEGETABLE STIR FRY  
CHINESE RICE  
SWEET 'N' SOUR SAUCE  
SALAD  
\*\*\*\*\*  
BANANA FRITTERS

FRIDAY

CHICKEN MARYLAND  
PANEER (CHILLY)  
CHIPS / TOMATO SAUCE  
SALAD  
\*\*\*\*\*  
JELLY



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## WEEK 2 TERM 1 MENUS 2018/19

MONDAY:

STEAK DIANE  
MBAAZI IN COCONUT SAUCE  
MAHAMRIS/STEAMED RICE  
SALAD  
\*\*\*\*\*  
MANGO MOUSSE

TUESDAY:

KENYAN DISHES  
CHICKEN ROAST  
MATOKE/PEANUT SAUCE  
SAUTE SUKUMA & SPINACH  
SALAD  
\*\*\*\*\*  
FRUIT SALAD

WEDNESDAY:

FISH CAKES / TARTARE SAUCE  
VEGETABLE CUTLETS  
FRIED POTATOES  
SALAD  
\*\*\*\*\*  
WATER MELON

THURSDAY:

PIZZA  
VEGE PIZZA  
POTATO SALAD  
SALAD  
\*\*\*\*\*  
JELLY

FRIDAY

POULTRY SAUSAGES  
VEGE SPRINGROLLS  
CHIPS  
SALAD  
\*\*\*\*\*  
ICE CREAM



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## WEEK 3 TERM 1 MENUS 2018/19

MONDAY:

SPAGHETTI BOLOGNAISE  
TOMATO SAUCE/ CHEESE  
BUTTER TOASTED BUNS  
SALAD  
\*\*\*\*\*  
BANANA IN CUSTARD

TUESDAY:

BEEF POT ROAST (GRAVY)  
GREEN NDENGU  
NAANS  
CABBAGES  
SALAD  
\*\*\*\*\*  
CHOCOLATE PUDDING

WEDNESDAY:

FISH IN BUTTER  
VEGETABLE IN BUTTER  
MASHED POTATOES  
SALAD  
\*\*\*\*\*  
YOGHURT

THURSDAY:

MUTTON CURRY  
VEGETABLE CURRY  
TUMERIC RICE  
SALAD  
\*\*\*\*\*  
FRUIT PLATTER

FRIDAY

CHICKEN CHOWMEIN  
VEGETABLE KUSHTA  
CHIPS  
SALAD  
\*\*\*\*\*  
TRIFLE



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## WEEK 4 TERM 1 MENUS 2018/19

MONDAY:

BEEF GOULASH  
ALOO MATTER  
TOMATO RICE  
SALAD  
\*\*\*\*\*  
PINEAPPLE CRUMBLE

TUESDAY:

GREEN NDENGU  
RED BEANS  
CABBAGE  
CHAPATIS  
\*\*\*\*\*  
ORANGES

WEDNESDAY:

MACORONI / MINCE MUTTON  
MAIZE/CHEESE/SPINACH  
GARLIC BREAD  
SALAD  
\*\*\*\*\*  
YOGHURT

THURSDAY:

PILAU MEAT  
PILAU VEGETABLE  
SALAD  
\*\*\*\*\*  
WATER MELON

FRIDAY

CHICKEN TIKKA  
PANEER TIKKA  
CHIPS  
SALAD  
\*\*\*\*\*  
ICE CREAM



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## WEEK 5 TERM 1 MENUS 2018/19

MONDAY:

BEEF BURGER  
VEG BURGER  
LYONNAISE  
SALAD  
\*\*\*\*\*  
CUSTARD

TUESDAY:

BEEF STRONGOFF  
CHANNA DAL  
SWEET RICE  
SALAD  
\*\*\*\*\*  
FRUIT SALAD

WEDNESDAY:

MUTTON (MINCED)  
MIXED VEGETABLES  
BAUBAJU/BUNS  
SALAD  
\*\*\*\*\*  
YOGHURT

THURSDAY:

FISH BIRIANI  
VEGETABLE BIRIANI  
SALAD  
\*\*\*\*\*  
FRUIT PLATTER

FRIDAY

CHICKEN WET FRY  
DEEP FRIED CAULIFLOWER  
CHIPS  
SALAD  
\*\*\*\*\*  
BREAD IN BUTTER



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## WEEK 6 TERM 1 MENUS 2018/19

MONDAY:

KHEEMA CURRY  
MIXED VEG RATATOUILLE  
PARSLEY POTATOES  
BATURA  
SALAD  
\*\*\*\*\*  
FRUIT SALAD

TUESDAY:

BROWN STEW (LAMB)  
GREEN NDENGU  
NAANS  
SALAD  
\*\*\*\*\*  
ORANGES

WEDNESDAY:

FISH CAKES/TARTARE SAUCE  
CRISPY LENTILS  
LYONNAISE POTATOES  
SALAD  
\*\*\*\*\*  
ORANGES

THURSDAY:

BEEF STIR FRY  
VEGETABLE STIR FRY  
CHINESE RICE  
SWEET N SOUR SAUCE  
SALAD  
\*\*\*\*\*  
TRIFLE

FRIDAY

POULTRY VIENNA  
METHI BHAJIA  
CHIPS  
SALAD  
\*\*\*\*\*  
ICE CREAM



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## WEEK 8 TERM 1 MENUS 2018/19

MONDAY:

KOFTA CURRY  
VEGETABLE CURRY (KOFTA)  
SWEET RICE (TUMERIC)  
SALAD  
\*\*\*\*\*  
PINEAPPLE UPSIDE DOWN

TUESDAY:

MUTTON WET FRY  
MIXED DAL  
SAUTE CABBAGE  
PARATA  
SALAD  
\*\*\*\*\*  
FRUIT SALAD

WEDNESDAY:

FISH IN BREAD CRUMBS  
MATTER PANEER  
ROAST POTATOES  
SALAD  
\*\*\*\*\*  
JELLY

THURSDAY:

MACORONI PASTA  
BEEF MINCE MEAT  
TOMATO BASE  
MAIZE & CHEESE IN WHITE SAUCE  
SPINACH GREEN PASTA  
SALAD  
\*\*\*\*\*  
ORANGES

FRIDAY

CHICKEN MARYLAND  
VEGETABLE KUSHTA  
CHIPS  
SALAD  
\*\*\*\*\*  
ICE CREAM



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## WEEK 9 TERM 1 MENUS 2018/19

MONDAY:

STEAK DIANE  
MBAAZI COCONUT  
MAHAMRIS  
STEAMED RICE  
SALAD  
\*\*\*\*\*  
VERMICILLE

TUESDAY:

KENYAN DISH  
CHICKEN ROAST  
GREEN VEGETABLE  
SWEET POTATOES  
\*\*\*\*\*  
FRUIT SALAD

WEDNESDAY:

FISH IN BUTTER  
BUTTERED VEGETABLE  
WEDGE POTATOES  
SALAD  
\*\*\*\*\*  
WATERMELON

THURSDAY:

SPAGHETTI BOLOGNAISE  
BAKED BEANS  
BREAD (GARLIC)  
SALAD  
\*\*\*\*\*  
YOGHURT

FRIDAY

POT ROAST  
ALOO MATTER  
CHIPS  
SALAD  
\*\*\*\*\*  
ICE CREAM