



THE NAIROBI ACADEMY

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WEEK 10 TERM 1 MENUS 2017/18

MONDAY:

BEEF PILAU

VEGE PILAU

KACHUMBARI

SALAD

WATER MELON

TUESDAY:

CHICKEN CURRY

BHAJIA

PARSLEY POTATOES

SALAD

TRIFLE

WEDNESDAY:

STIR FRIED BEEF DELIGHT

RED BEANS CURRY

CARROT RICE

SALAD

YOGHURT

THURSDAY:

FISH IN BATTER

VEG CRISPY LENTIL

MASALA CHIPS

SALAD

ORANGES SLICE

FRIDAY

PIZZA (MINCE MUTTON)

VEG PIZZA

POTATOES SALAD

SALADS

FRUIT SALAD



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WEEK 11 TERM 1 MENUS 2017/18

MONDAY: KOFTA CURRY
VEGE KOFTA
ORIENTAL RICE
SALAD

DOUGHNUTS WITH VANILLA SAUCE

TUESDAY: KENYAN DISHES
BEEF STEW / UGALI
MATOKE / SWEET POTATOES
PEANUT SAUCE
SALAD

YOGHURT

WEDNESDAY: FISH CAKES
VEG CUTLETS
CHIPS / TOMATO SAUCE
SALAD

FRUIT PLATTER

THURSDAY: PASTA AL FORNO
VEG ALO FORNO
BREAD SLICE
SALAD

ICE CREAM

FRIDAY CHICKEN MARYLAND
VEG MATTER PANEER
LYONAISE POTATOES
SALADS

VERMICELLI KHEER



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WEEK 12 TERM 1 MENUS 2017/18

MONDAY:

SOSSI SOYA
TOMATO SAUCE / CHEESE
GARLIC BREAD
SALAD

YOGHURT

TUESDAY:

STEAK DIANE
MBAAZI IN COCUNUT SAUCE
MAHAMRIS / STEAMED RICE
SALAD

FRUIT PLATTER

WEDNESDAY:

FISH MUNIERE
VEG IN CHEESE
FRIED POTATOES
SALAD

CHOCO PUDDING

THURSDAY:

MASALA CHICKEN
RED BEANS COMCANIA
JEERA RICE
SALAD

BANANA FRITTERS

FRIDAY

BEEF STEW
VEG JAFREZI
MASHED POTATOES
SALADS

BREAD 'N' BUTTER PUDDING



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WEEK 13 TERM 1 MENUS 2017/18

MONDAY: BEEF GOULASH
RED BEANS GOULASH
STEAMED RICE
SALAD

JELLY

TUESDAY: FISH FINGERS
CHILLY PANEER
CHIPS
SALAD

WATER MELON / CASTARD

WEDNESDAY: MUTTON CURRY
MIXED DAL
CARROT RICE
SALAD

FRUIT PLATTER

THURSDAY: CHICKEN MARYLAND
VEG SPRING ROLLS
LYONNAISED POTATOES
TOMATO SAUCE
SALAD

CHOCO PUDDING

FRIDAY BEEF STEW
GREEN NDENGU
SWAHILI CHAPATIS
SAUTE CABBAGES
SALADS

FRUIT SALAD



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WEEK 14 TERM 1 MENUS 2017/18

MONDAY: CHICKEN BIRIANI
VEG BIRIANI
KACHUMBARI
SALAD

FRUIT PLATTER

TUESDAY: SHEPHARDS PIE
VEG PIE
GARLIC BREAD
SALAD

YOGHURT

WEDNESDAY: PANFRIED FISH / VICHY CARROTS
MASALA CHIPS / TOMATO SAUCE
SALAD

CUSTARD TART

THURSDAY: BRAISED BEEF
BRAISED VEG
TUMERIC RICE
SALAD

FRUIT SALAD

FRIDAY CHICKEN TIKKA
PANEER TIKKA
DRY POTATO CURRY
SALADS

ICE- CREAM