



# OUR MENU

## WEEK I

|         | MONDAY                  | TUESDAY                        | WEDNESDAY        | THURSDAY                    | FRIDAY           |
|---------|-------------------------|--------------------------------|------------------|-----------------------------|------------------|
| MEAL    | Grilled chicken & Pasta | Ugali, Sukuma Wiki & Beef Stew | Rice & Peas Stew | Mashed Potatoes & Bean Stew | Chips & Sausages |
| DESSERT | Fruits in Season        | Fruits in Season               | Yoghurt          | Fruits in Season            | Fruits in Season |

## ALTERNATE WEEK

|         | MONDAY             | TUESDAY                | WEDNESDAY               | THURSDAY            | FRIDAY              |
|---------|--------------------|------------------------|-------------------------|---------------------|---------------------|
| MEAL    | Rice & Ndengu Stew | Spaghetti & Mince Meat | Beef Pilau & Vegetables | Matoke & Vegetables | Chapati & Bean Stew |
| DESSERT | Jelly              | Fruits in Season       | Yoghurt                 | Yoghurt             | Fruits in Season    |