



♡ DELICIOUS  
HEALTHY MEALS  
FOR KIDS ♡

# School menu

## MONDAY

### TEA-BREAK

White/Black tea or Chocolate  
with a slice of marble cake

### LUNCH

Vegetable Rice, beef  
stew, Seasoned vegetables, Yoghurt

## TUESDAY

### TEA-BREAK

White/Black tea or Chocolate  
with Cinnamon Mandazi

### LUNCH

Chapati, Beans, vegetable salad  
and fruit In season

## WEDNESDAY

### TEA-BREAK

White/Black tea or Chocolate with a  
slice of marble cake

### LUNCH

Ugali,  
cabbage/spinach, tomato soup  
and Ice Cream

## THURSDAY

### TEA-BREAK

White/Black tea or Chocolate with  
tea scones

### LUNCH

Rice/ Macaroni with Ndengu  
balls, Vegetables  
and fresh juice

## FRIDAY

### TEA-BREAK

White/Black tea or Chocolate  
with Cinnamon Mandazi

### LUNCH

Chips, spaghetti Maryland chicken, minced meat  
Vegetable salad, fruit in  
season

Yummy!