



DELICIOUS  
HEALTHY MEALS  
FOR KIDS

# School menu

Yummy!

## MONDAY

### TEA-BREAK

White /black Tea, Cinnamon Rolls

### LUNCH

Chips/fried rice, Chicken Burger/nuggets.

Burger bun, Fresh juice, Butter nut soup, Sautéed vegetables, Yellow bean stew (VP), N/B salad buffet

## TUESDAY

### TEA-BREAK

White /black Tea, Vegetable Samosa

### LUNCH

Naan bread/vegetable rice, Fried beef green peas carrot stew(VP), Assorted vegetables, Fruits (bananas), vegetable soup, salad buffet

## WEDNESDAY

### TEA-BREAK

White /black Tea, Choc cake slice

### LUNCH

Spaghetti/rice, Meatballs in tomato sauce,

Green Lentil stew(vp), Lentil soup, Assorted ice cream, N/B salad buffet

## THURSDAY

### TEA-BREAK

White /black Tea, Tea scones

### LUNCH

Chicken breast stew, Wedge roast potatoes/Veg rice, Chick peas (VP), Sautéed spinach, Chicken soup, Fruit slice N/B Salad buffet

## FRIDAY

### TEA-BREAK

White /black Tea, Lemon small mandazi

### LUNCH

Oven-baked chicken wings, Veg pizza/Meat pizza, Seasonal vegetables, Fresh juice, Carrot & Ginger soup, N/B salad buffet

## SATURDAY

### TEA-BREAK

White /black Tea, Cup cakes

### LUNCH

Beef stew, Veg Steamed rice/ugali, Green lentil stew (VP), Mixed vegetables, Fruit slice, Tomato soup, N/B salad buffet

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