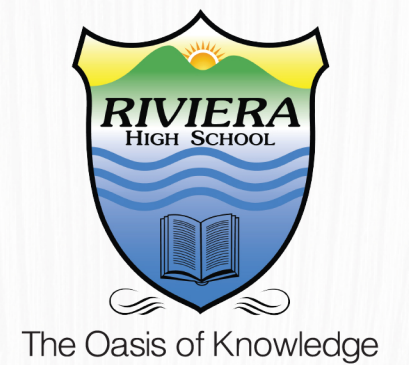


# MENU

## week one



	Breakfast	Break Time	Lunch	Dinner
MON	African Tea Coiled Bread + Margarine Spread	Juice Beef Pizza	Saute Potatoes, Carrot Rice Green Garden Peas Sweet Banana	Rice Pasta Fish Fingers Tomato Soup
TUE	Chocolate Milk Sandwich Bread + Margarine Spread Boiled Egg	Black Tea Swiss Roll Bread	Goat Pilau, Rice, Ugali Chicken Fajita Stew Salads, Pineapples	Fried Sweet Potatoes White Veggie Rice Vegetable Curry / Beans
WED	Milk Porridge Black Tea Sponge Roll	Juice Lemon Cake	Masala Chips Spaghetti Minced Meat + Peas Stew	Matooke, White Rice G.Nut Sauce, Beans Greens, Watermelon
THUR	African Tea Black Tea Sliced Yellow Bread + Margarine Spread	Yogurt Scones	Biryani Rice, Ugali Beef Meat, Cabbages Hibiscus / Beetroot Juice	Pasta, White Rice Veggie Sauce Bean Stew
FRI	African Tea Coiled Bread + Margarine Spread	Black Tea Banana Cake	Irish Potatoes + Tomato Stew, White Rice Isombe, Bean Stew, Sweet Banana	Matooke In Peanut Paste, White Veggie Rice, Bean Stew
SAT	Milk Porridge Black Tea Sliced Yellow Bread + Margarine Spread		Chips White Rice, Meat Stew Pineapples	Spaghetti Bolognese Fried Cabbage Black Tea
SUN	Milk Porridge, Black Tea, Sliced Bread + Margarine Spread		Pilau Rice, Ugali Chicken Curry, Salads (Beetroot, Pineapple & Carrot Juice)	Chapatis Jacket Potatoes Dry Beans Black Tea