

## SCHOOL MENU

<b>DAYS</b>	<b>BREAKFAST</b> <b>6.00 – 7.00 AM</b>	<b>TEA BREAK</b> <b>11.15 – 11.50 AM</b>	<b>LUNCH BREAK</b> <b>12.40 – 2.00 PM</b>	<b>Afternoon snack</b> <b>3.00pm</b>	<b>DINNER</b> <b>6.00 – 6.30 PM</b>
<b>MONDAY</b>	Drinking chocolate with milk & Buttered Bread	Drinking chocolate with milk & Buttered Bread	Chapati fried green grams Stew & mixed vegetables.	fruit.	Ugali beef stew and mixed vegetables.
<b>TUESDAY</b>	Tea & Buttered Bread	Drinking chocolate with milk & Pancakes.	Steamed Rice, fried lentils mixed with irish potatoes & cabbage.	Tea & biscuits	Ugali beef stew and mixed vegetables.
<b>WEDNESDAY</b>	Drinking chocolate with milk , Buttered Bread & an egg.	Tea & Mandazi	Beef pilau with cabbage	fruit.	Steamed Rice, fried green grams mixed with irish potatoes and cabbage.
<b>THURSDAY</b>	Tea & Buttered Bread	Drinking chocolate with milk, Buttered Bread & smokie	Ugali beef stew and mixed vegetables.	Tea & Scones	Steamed Rice & Vegetable stew
<b>FRIDAY</b>	Drinking chocolate with milk & Buttered Bread	Drinking chocolate with milk & Buttered Bread	French fries with beef smokies	Drinking chocolate with milk & sweet potatoes / arrow roots.	Ugali beef stew and mixed vegetables.
<b>SATURDAY</b>	Tea & Buttered Bread	Enriched Porridge , biscuit & an egg.	Steamed Rice, fried green grams mixed with irish potatoes and cabbage.	Tea & Scones	Chapati yellow beans mixed with irish potatoes and cabbage.
<b>SUNDAY</b>	Tea & Buttered Bread	Drinking chocolate with milk & Buttered Bread	Ugali beef stew and mixed vegetables.	Fruit.	Steamed Rice & Vegetable stew