

## TERM 3 2024 – BI-WEEKLY MENU (Odd weeks –Week 1,3,5)



Day	MORNING SNACK	LUNCH	AFTERNOON SNACK
Monday	Viazi karai (with turmeric) + Tamarind sauce and milk/fresh juice	Lentil Bolognaise with spaghetti + carrot sticks	Apple, date and nut energy balls + crackers
Tuesday	Mahamri + hot chocolate/ fresh juice	Coconut pojo with brown rice and baked potato wedges + tomato vinaigrette	Fruit salad and crackers
Wednesday	Wimbi porridge/ crackers + Bananas/ fresh juice	Butternut squash soup and Sesame Brown Buns with coleslaw and cashew salad	Peanuts and Oranges
Thursday	Brown bread + hot chocolate/ fresh juice	Mexican bean stew with spinach	Banana Oat bars (with dark chocolate chips)
Friday	Fresh juice with Boiled eggs	Beef pilau with green peas + kachumbari. Baobab fruity muffins	VEGETARIAN: Veg + pea stew with brown rice. Baobab fruity muffins

Key: Vegetables Proteins Fruit Dairy

*“Even in this high-tech age, the low-tech plant continues to be the key to nutrition and health.”*

Jack Weatherford

## TERM 3 2024 – BI-WEEKLY MENU Even Weeks 2,4,6...



Day	Morning Snack	Lunch	Vegetarian	Afternoon Snack
Monday	Bananas / crackers + wimbi porridge/ fresh juice	Chicken pasta salad + cheese	Pasta salad with cheese	Sweet potato cookies and Mangoes
Tuesday	Scones + hot chocolate / fresh juice	Lentil ragu with brown rice and vegetable stir fry		Oranges + cashew nuts
Wednesday	Fresh juice with Boiled eggs	Cheese sandwiches and Vegetable soup (carrots, peas, celery, spinach, tomatoes + broccoli)		Fruit salad
Thursday	Mahamri + hot chocolate/ fresh juice	Nigerian cabbage stew with mashed potato + peas		Fruity baobab yoghurt smoothie and crackers
Friday	mango / crackers + milk/ fresh juice	Coconut beans with Brown chapati and steamed cabbage/ fruit salad		

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