



## KIVUKONI SCHOOL BI-WEEKLY MENU –TERM 3 2021 ODD WEEKS (1,3,5...)

	<b>MORNING SNACK</b>	<b>LUNCH</b>	<b>VEGETARIAN</b>	<b>PM SNACK</b>
<b>MONDAY</b>	Fresh milk + bananas	Pasta Napolitana + cheese		homemade oatmeal cookies + mangoes
<b>TUESDAY</b>	Boiled eggs + fresh mango/passion juice	Hot-dogs with coleslaw salad mixed with roasted sesame seeds and chopped apples	Avocado hot-dog with coleslaw salad mixed with roasted sesame seeds and chopped apples	Oranges + popcorn
<b>WEDNESDAY</b>	Mahamri + fresh milk	Tarka Dhal with vegetable brown + white rice with sliced tomatoes, fresh basil and vinaigrette sauce		Fresh seasonal fruit
<b>THURSDAY</b>	Drinking chocolate with brown bread + jam	Grilled marinated chicken, ugali + greens	Chick-pea stew ugali + greens	Fruit smoothie (yoghurt + mixed berries)
<b>FRIDAY</b>	Freshly baked scones with jam/honey + milk	Vegetable pilau with kachumbari salad Fruit dessert (oranges and mangoes)		
<b>EVEN WEEKS (2,4,6...)</b>				
<b>MONDAY</b>	Viazi karai + tamarind sauce	Spaghetti with vegetable sauce + blanched french beans and carrot sticks		Homemade oatmeal cookies + fruit
<b>TUESDAY</b>	Fresh milk + bananas	vegetable soup with cheese and tomato sandwiches / rice		Home baked vanilla cake + fresh fruit juice
<b>WEDNESDAY</b>	oat porridge / fresh milk + seasonal fruit	Coconut pojo with brown + white rice, plus garlic potato wedges + tomato salad		Fresh fruit kebab
<b>THURSDAY</b>	Drinking chocolate + brown bread with jam/honey	Jalfrezi chicken with mashed potato with corn + greens	chick-pea stew, ugali + greens	Fruit smoothie (yoghurt + mixed fruit)
<b>FRIDAY</b>	Fresh milk & bananas	Beans + brown chapati + mchicha wa nazi Watermelon & oranges, mangoes		