



## KIVUKONI SCHOOL BI-WEEKLY MENU –TERM 2 JANUARY 2023

<b>SCHOOL WEEKS 1,3,5...(odd)</b>				
	<b>MORNING SNACK</b>	<b>LUNCH</b>	<b>VEGETARIAN</b>	<b>PM SNACK</b>
<b>MONDAY</b>	Boiled maize + bananas, Fresh milk/ juice	Coconut beans with rice + cabbage		Apples + crackers/ Watermelon
<b>TUESDAY</b>	Mangoes + milk/ juice	Spaghetti with vegetable sauce + carrot sticks		Popcorn + seasonal fruits (pineapple)
<b>WEDNESDAY</b>	Mahamri + hot chocolate/ milk/ juice & oranges	Vegetables stew with brown rice/ baked potato and greens		Raisin & lemon cookies + watermelon
<b>THURSDAY</b>	Brown bread sandwiches + hot chocolate + fruits	Baked chicken with ugali and mchicha	Chickpea stew + ugali and mchicha	Mango smoothie + crackers
<b>FRIDAY</b>	Viazi karai with tamarind sauce + milk/ juice	Vegetable pilau with kachumbari + homemade cake Fresh fruit for dessert		
<b>SCHOOL WEEKS 2,4,6... (even)</b>				
	<b>MORNING SNACK</b>	<b>LUNCH</b>	<b>VEGETARIAN</b>	<b>PM SNACK</b>
<b>MONDAY</b>	Home-made scones & oranges	Mexican bean rice + cucumber tomato salad		Vanilla yoghurt + sliced pineapples
<b>TUESDAY</b>	Boiled maize/bananas, Fresh milk or juice	Vegetable soup + cashew coleslaw with fresh sesame bread rolls		Fruit salad
<b>WEDNESDAY</b>	Brown bread sandwiches + milk/fresh juice	Chicken stew + mashed potatoes with corn and spinach/mchicha	Mashed potatoes with vegetable stew with corn and spinach/mchicha	Oatmeal cookies + watermelon
<b>THURSDAY</b>	Viazi karai with tamarind sauce + milk/juice	Pasta (twist) with broccoli, green peas, tomato sauce + grated cheddar cheese		Home-made banana cake
<b>FRIDAY</b>	Boiled egg + fresh juice	Coconut lentils + chapatis/ brown rice and cabbage Fresh fruit for dessert		