



DAY	MORNING SNACK	LUNCH		AFTERNOON SNACK
<b>Monday</b>	Scones + hot chocolate/fresh juice	Spaghetti + tomato, French pea sauce and + carrot sticks		Pineapples/ water melons+ roasted peanuts
<b>Tuesday</b>	Mahamri +milk/ fresh juice	Chickpea falafels, potato wedges, beetroot & cashew coleslaw + rice-lentil salad + tahini dressing		Baobab chocolate cake + apples
<b>Wednesday</b>	Boiled eggs + fresh juice	Naan bread + yellow coconut lentils with mchicha		Savory popcorn + watermelon
<b>Thursday</b>	Brown bread + hot chocolate	Baked chicken with ugali/ rice + greens	Chick-pea stew with ugali + greens	Baobab Banana smoothie
<b>Friday</b>	Banana/ Peanut butter cookies + milk	Coconut beans + brown rice with steamed cabbage + chapati, Fruits dessert		

Key:

Vegetables

Proteins

Fruits

Dairy

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