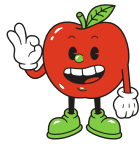


SCHOOL MEALS MENU



Morning Tea
9:00 am – 9:30 am

Lunch
12:15 pm – 12:45 pm

Afternoon Snack
2:00pm – 2:15pm

monday



Tea &
Coconut
Scones

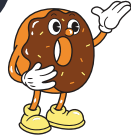


Rice with
Beef stew
Tomato slices



Fruit of the day
- Banana

tuesday



Tea &
Cinnamon flavoured
Mandazi /
Doughnut's



Chapati
Ndengu / Peas
Steamed cabbage



Fruit of the
day
-Pineapple

wednesday



Tea &
Vanilla flavoured
Pancakes



Pasta
Meat balls
/Minced beef
Cucumber slices



Fruit of the day
-Orange

thursday



Tea &
Cake slices/
Muffins



Ugali
Chicken
Spinach



Fruit of the day
-Watermelon

friday



Tea &
Boiled egg &
Bread with jam



Fries
Samosa / Sausages
Watermelon



Kid-Friendly
Yoghurt

The school's food program

Meals are prepared fresh daily ; - We offer breakfast, lunch and an afternoon snack. We are very keen on a healthy, balanced and organic based nutrition and the meals are freshly prepared in our kitchen. Drinking sufficiently is also important for the children and they are provided with water.

Food Allergies ; - If your child has a food allergy, you must notify us in writing so that we can make appropriate substitutions. The written notification should list appropriate food substitutions and must be updated at least annually. Food allergies can be life threatening and each child with a food allergy should have an action plan for emergency care completed by the family physician.

