



Menu 2024-2025

WEEK 1	MAIN DISH	VEGETARIAN DISH	VEGETABLES	AFTERNOON SNACK
MONDAY	Coconut rice with beans	Coconut rice with beans	Cucumber & carrot sticks	Squash bread with butter and banana
TUESDAY	Drumsticks with oven potatoes and fried banana	Paneer with oven potatoes and fried banana	Carrot sticks, tomato and green beans	Smoothie and fruits
WEDNESDAY	Chili Con Carne with rice	Fried paneer and tomato sauce and rice	Green beans, sweet corn and carrot sticks	Sausages rolls and watermelon
THURSDAY	Fish and chips	Fish (or paneer) and chips	Cucumber sticks, broccoli, and tomatoes	Rice porridge with raisins and banana
FRIDAY	Potato and cauliflower soup with pasta and focaccia bread	Potato and cauliflower soup with pasta and focaccia bread	Cucumber and carrot sticks and green peas	Cinnamon rolls and apple

WEEK 2	MAIN DISH	VEGETARIAN DISH	VEGETABLES	AFTERNOON SNACK
MONDAY	Meatballs with mashed potatoes and sauce	Paneer with mashed potatoes and sauce	Green beans, broccoli and sweet corn	Carrot bread with butter and banana
TUESDAY	Chicken Pilau	Vegetarian pilau	Cucumber and carrot sticks	Banana waffles and seasonal fruits
WEDNESDAY	Pizza	Vegetarian pizza	Red onion, green pepper and tomato	Sausage rolls and watermelon
THURSDAY	Fish cakes with pasta and tomato sauce	Fish cakes (or paneer) with pasta and tomato sauce	Cucumber sticks, tomatoes and cauliflower	Rice porridge with raisins and banana
FRIDAY	Dahl with rice	Dahl with rice	Green beans, carrot sticks and sweet corn	Mandazi and apple



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WEEK 3	MAIN DISH	VEGETARIAN DISH	VEGETABLES	AFTERNOON SNACK
MONDAY	Vegetarian pilau	Vegetarian pilau	Cucumber sticks, tomato and green peas	Squash bread, butter and banana
TUESDAY	Sandwiches with chicken and vegetables	Sandwiches with vegetable patties and vegetables	Cucumber, tomato, green pepper, onion and salad	Smoothie and seasonal fruits
WEDNESDAY	Chicken with rice, sauce and fried banana	Rice with sauce and fried banana	Tomato, green pepper and carrot sticks	Sausage rolls and watermelon
THURSDAY	Fish cakes with oven potatoes	Fishcakes (or paneer) with oven potatoes	Sweet corn, broccoli and cucumber sticks	Rice porridge with raisins and banana
FRIDAY	Lasagna	Vegetable lasagna	Carrot and cucumber sticks and sweet corn	Cinnamon rolls and apple

WEEK 4	MAIN DISH	VEGETARIAN DISH	VEGETABLES	AFTERNOON SNACK
MONDAY	Chili con carne with rice	Fried paneer and tomato sauce and rice	Green beans, sweet corn and carrot sticks	Carrot bread with butter and banana
TUESDAY	Hamburgers	Burgers with vegetable patties	Tomato, cucumber, green pepper, onion, salad and carrot sticks	Banana waffles and seasonal fruits
WEDNESDAY	Tomato soup, sausages, pasta and buns	Tomato soup, pasta and bread	Cucumber sticks, broccoli and peas	Sausage rolls and watermelon
THURSDAY	Fish cakes with ugali and coconut sauce	Fish cakes (or paneer) with rice and coconut sauce	Carrot and cucumber sticks, broccoli	Rice porridge with raisins and banana
FRIDAY	Spaghetti Bolognese	Spaghetti with tomato sauce	Green beans, cucumber sticks and broccoli	Maandazi and apple