



Menu 2025/2026

WEEK 1	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	Squash bread with butter and watermelon
TUESDAY	Drumsticks with ugali, coconut sauce, and fried bananas	Paneer in coconut sauce with ugali and fried bananas	Carrot and cucumber sticks and tomatoes	Smoothie and seasonal fruits
WEDNESDAY	Pizza	Vegetarian pizza	Red onion, green pepper and tomatoes	Banana waffles and seasonal fruits
THURSDAY	Fish and chips	Fish (or tofu) and chips	Cucumber sticks, broccoli and green beans	Rice porridge with raisins, cinnamon and banana
FRIDAY	Potato and cauliflower soup with pasta and focaccia bread	Potato and cauliflower soup with pasta and focaccia bread	Carrot and cucumber 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, sweet corn and cauliflower	Carrot bread with butter and watermelon
TUESDAY	Chicken Pilau	Pilau with sauce and peas	Cucumber sticks, tomatoes and peas	Plain yoghurt with fruits
WEDNESDAY	Red lentil pot with naan bread	Red lentil pot with naan bread	Sweet corn, broccoli and carrot sticks	Banana oat cookies with seasonal fruits
THURSDAY	Fish cakes with pasta and tomato sauce	Fish cakes (or tofu) with pasta and tomato sauce	Cucumber sticks, tomatoes and cauliflower	Rice porridge with raisins, cinnamon and banana
FRIDAY	Coconut rice with beans	Coconut rice with beans	Green beans, carrot sticks and tomatoes	Maandazi and apple



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WEEK 3	MAIN DISH	VEGETARIAN DISH	VEGETABLES	AFTERNOON SNACK
MONDAY	Dhal with rice	Dhal with rice	Carrot and cucumber sticks and broccoli	Squash bread with butter and watermelon
TUESDAY	Sandwiches with chicken and vegetables	Sandwiches with vegetable patties and vegetables	Cucumber, tomato, green pepper, onion and salad	Smoothie and seasonal fruits
WEDNESDAY	Butternut squash soup with pasta and bread	Butternut squash soup with pasta and bread	Carrot sticks, green beans and green peas	Banana waffles and seasonal fruits
THURSDAY	Fried rice with baked vegetables and fish	Fried rice with baked vegetables and fish (or tofu)	Tomatoes, green peas and cucumber sticks	Rice porridge with raisins, cinnamon 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	Chicken with rice, sauce and fried banana	Rice with sauce, fried banana and tofu	Green beans, carrot sticks and cauliflower	Carrot bread with butter and watermelon
TUESDAY	Hamburgers	Burgers with vegetable patties	Tomato, cucumber, green pepper, onion, salad and carrot sticks	Plain yoghurt with fruits
WEDNESDAY	Tomato soup with lentil balls and pasta	Tomato soup with lentil balls and pasta	Cucumber sticks, green peas and cauliflower	Banana oat cookies with seasonal fruits
THURSDAY	Fish fingers with sweet potato fries	Fish fingers with sweet potato fries	Carrot and cucumber sticks, cauliflower	Rice porridge with raisins, cinnamon and banana
FRIDAY	Spaghetti Bolognese	Spaghetti with tomato sauce	Green beans, cucumber sticks and sweet corn	Maandazi and apple

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