

## SNACK & LUNCH MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Smoothie with yogurt and banana bread	Pitabread and vegetables	Fruit salad with yogurt	Oats with milk and sliced banana	Sweet potatoes or cassava with veggies
LUNCH WEEK 1	Pasta Bolognese, salad	Wholewheat chapati, beans in coconut sauce, salad	Pilau, kachumbari	Rice, roasted fish, beans, spinach	Baked potatoes, meat balls, peas in coconut sauce
LUNCH WEEK 2	Beef minestrone soup with pasta and vegetables	Ugali, fish stew, sweet potato leaves	Pilau, kachumbari	Baked potatoes, roasted beef, kachumbari	Margaritha pizza, salad

PLEASE NOTE: WE SOURCE ORGANIC INGREDIENTS DEPENDING ON SEASON AND AVAILABILITY.