



SNACK & LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK 09:45	SMOOTHIE WITH YOGHURT, SUGARFREE BANANABREAD	PITABREAD AND VEGETABLES	FRUITSALAD WITH YOGHURT, OAT-BANANA COOKIES	OATS WITH MILK AND SLICED BANANA	SWEET POTATOES WITH VEGETABLES
LUNCH 12:15	MACARONI WITH MEATSAUCE, CABBAGE SALAD	OVEN POTATOES WITH ROASTED MEAT AND SALAD	PILAU WITH KACHUMBARI	UGALI WITH KINGFISH, SPINACH	RICE WITH BEANS IN COCONUT SAUCE, VEGETABLES
AFTERNOON 15:15			MAANDAZI WITH VARIOUS FRUIT		

PLEASE NOTE: VEGETABLES VARY EACH DAY DEPENDING ON AVAILABILITY. WE OFFER MCHICHA, CABBAGE, SPINACH, PUMPKINLEAVES, SALAD ETC