



The Banda School

MENU

WEEK ONE
19th – 23rd April 2010

MONDAY 19th

Egg Sandwiches

Kachumbari

Beef Nyama Choma, Kuku Fry, Ugali, Sukuma, Mbazi, Yoghurt & Mahamri
Fruit Salad, Ice Cream & Crème Caramel

Muffins

TUESDAY 20th

Crunchy Cookies

Chipolatas

Chicken Drumsticks / Nuggets

Chips & Coleslaw

Yoghurt

Afternoon Break for children: Pineapple

Pineapple

Paneer Sticks

WEDNESDAY 21st

Jam

Spring Rolls

Spaghetti Bolognese

Carrots & French Beans

Fruit Salad

Afternoon Break for children: Oranges

Oranges

Cheese Bake Spaghetti

THURSDAY 22nd

Cheese Snips

Cheese Snips

Fish Cakes & Garlic Sauce

Lyonnais Potatoes & Garden Peas

Ice Cream

Afternoon Break for children: Watermelon

Watermelon

Vegetable & Rice Cakes

FRIDAY 23rd

Chocolate Cookies

Ham Rolls

Beef Pilau

Yoghurt Sauce & Kachumbari

Bananas

Afternoon Break for children: Carrot Sticks

Lemon Cake

Paneer Pilau

A variety of salads are available every day on the salad bar which includes:

Lettuce, Tomato, Cucumber, Sweet corn, Pineapple, Carrots, Red Cabbage, Beetroot, Chick Peas, Butter Beans, Rice, Pasta, Potato, Garden Peas, Cauliflower, Broccoli, Avocado, Honey Vinaigrette, Garlic Sauce, Cocktail Sauce, Mint Sauce, Yoghurt Sauce, etc....