

The Banda School

MENU

WEEK TWELVE
5th – 9th July 2010

MONDAY 5th

Choco Cookies

Bhajia

Beef Stroganoff
Saffron Rice & Sautéed Carrots
Watermelon

Marble Cake

Afternoon Break for children: Marble Cake
Vegetable Stroganoff

TUESDAY 6th

Cheese Sandwiches

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Mince & Pea Masala
Naan & Kachumbari
Bread & Butter Pudding

Oranges

Afternoon Break for children: Oranges
Red Bean Masala

WEDNESDAY 7th

Banana Loaf Iced

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Mexican Chicken
Mashed Potatoes & Corn on the Cob
Fruit Salad

Fruit Platter

Afternoon Break for children: Biscuits
Chick Peas & Puri

THURSDAY 8th

Mix Cookies

Chipolatas

Pasta in Tomato Bake
Salads
Pineapple Crumble & Custard

Carrot Sticks & Dip

Afternoon Break for children: Carrot Sticks
Pasta in Cheese Bake

FRIDAY 9th

Mandazi

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Staff Lunch

Deep Fried Baby Corn, Pork Spare Ribs & Vegetable Spring Rolls
Sesame Pork, Beef in Oyster Sauce, Garlic Chilly Chicken, Manchurian Vegetable Balls & Chilly Corn
Vegetable Fried Rice, Stir Fried Noodles, Sweet & Sour Sauce, Soya Sauce, Garlic Chilly Sauce & Onions in Vinegar
Tiramisu Cake, Fruit Salad & Strawberry Ripple Ice Cream

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....