



The Banda School

MENU

WEEK FOUR
10th - 14th May 2010

MONDAY 10th

Cookies

Egg Sandwiches

Meat Balls in Sweet & Sour Sauce

Stir Fry Noodles & Salads

Steamed Pudding & Custard

Afternoon Break for children: Carrot Sticks

Watermelon

Vegetable Balls in
Sweet & Sour Sauce

TUESDAY 11th

Chocolate Coated Biscuits

Spring Rolls

Spinach & Ricotta Quiche

Baked Beans in Tomato Sauce

Strawberry Yoghurt

Afternoon Break for children: Sugar Snaps

Lemon Cake

Mexican Bread & Salsa Sauce

WEDNESDAY 12th

Drop Scones

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Hot Dogs & Chips

Coleslaw

Orange Cake & Chocolate Custard

Afternoon Break for children: Honey Pancakes

Shortbread

Paneer Fingers

THURSDAY 13th

Cheese Sandwiches

Ham & Cheese Sandwiches

Spaghetti in Tomato Sauce

Crunchy Vegetables

Fruit Salad

Afternoon Break for children: Carrot Sticks

Cheese Scones

Same

FRIDAY 14th

Cookies

Chipolatas

Beef Biryani

Yoghurt Sauce & Kachumbari

Pineapple

Afternoon Break for children: Sweet Bananas

Sweet Bananas

Vegetable Biryani

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....