



The Banda School

MENU

WEEK FIVE
17th – 21st May 2010

MONDAY 17th

Cookies

Meat Cutlets

Cheese Toasties
Baked Beans in Tomato Sauce & Lyonnaise Potatoes
Vanilla & Chocolate Ice Cream

Choco Cake

Afternoon Break for children: Carrot Sticks
Same

TUESDAY 18th

Honey

Egg Sandwiches

Mexican Beef Stew
Mexican Rice & Crunchy Cabbage
Sweet Bananas

Pineapple

Afternoon Break for children: Pineapple
Mixed Bean Stew

WEDNESDAY 19th

Banana Loaf

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Fish in Batter
Parsley Potatoes & French Beans
Cake & Custard

Cheese Scones

Afternoon Break for children: Biscuits
Vegetable Stuffed Chapatis &
Yoghurt Sauce

THURSDAY 20th

Cheese Sandwiches

Bhajias

Spicy Meat Balls
Chapati & Kachumbari
Watermelon

Muffins

Afternoon Break for children: Carrot Sticks
Palak Paneer

FRIDAY 21st

Mandazi

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Lamb Noodles
Sweet & Sour Sauce & Carrot Sticks
Chocolate Pancakes

Sweet Melon & Watermelon

Afternoon Break for children: Jam
Vegetable Noodles

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....