



The Banda School

MENU

WEEK SIX
24th - 28th May 2010

MONDAY 24th

Drop Scones

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Roast Chicken in Gravy
Roast Potatoes & Carrots & Cauliflower
Vanilla Yoghurt

Pineapple

Afternoon Break for children: Pineapple
Chana & Patura

TUESDAY 25th

Cucumber & Tomato Sandwiches

Ham Rolls

Kheema Chapati
Yoghurt Sauce, Kachumbari & Mango Chutney
Chocolate Steamed Pudding & Custard

Carrot & Cucumber & Dip

Afternoon Break for children: Carrot Sticks
Paneer Chapati

WEDNESDAY 26th

Cake

Meat Samosas

Macaroni in Tomato Sauce
Crunchy Vegetables & Coleslaw
Fruit Salad

Choco Cookies

Afternoon Break for children: Bananas
Same

THURSDAY 27th

Mandazi

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Spring Rolls & Beef in Black Bean Sauce
Egg Fried Rice & Sweet & Sour Sauce
Chocolate Hedgehogs

Watermelon

Afternoon Break for children: Honey
Stir Fry Vegetables &
Fried Rice

FRIDAY 28th

HALF TERM

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....