



# The Banda School

## MENU

WEEK NINE  
14<sup>th</sup> - 18<sup>th</sup> June 2010

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### MONDAY 14<sup>th</sup>

Cheese Sandwiches

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Beef in Spiced Beef  
Kachumbari & Yoghurt Sauce  
Watermelon

**Afternoon Break for children:** Carrot Sticks  
Carrot & Cucumber Sticks & Dip

Vegetables in Spiced Rice

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### TUESDAY 15<sup>th</sup>

Oat Cookies

Sausage Rolls

Fish Cakes  
Coleslaw & Baked Beans in Tomato Sauce  
Cake & Custard

Sweet Bananas

**Afternoon Break for children:** Sweet Bananas

Lentil Croquettes

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### WEDNESDAY 16<sup>th</sup>

Drop Scones

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Margarita Pizza  
Chips & Salads  
Yoghurt

Flapjacks

**Afternoon Break for children:** Watermelon

Same

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### THURSDAY 17<sup>th</sup>

Cake

Chicken Rolls

Meat Lasagne  
Buttered Cabbage  
Pineapple

Lemon Cake

**Afternoon Break for children:** Carrot Sticks

Spinach & Mushroom  
Lasagne

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### FRIDAY 18<sup>th</sup>

Tomato Sandwiches

Meat Cutlets

Chicken Bangers & Mash  
Spinach & Gravy  
Hedgehogs

Sweet melon

**Afternoon Break for children:** Bananas

Paneer Patties

**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....