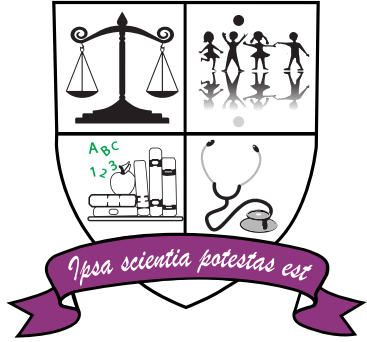
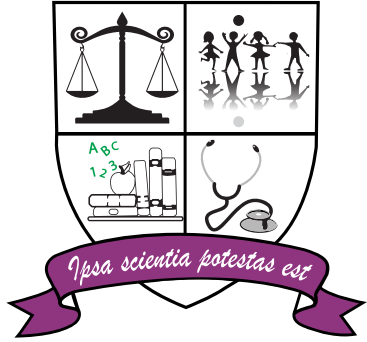


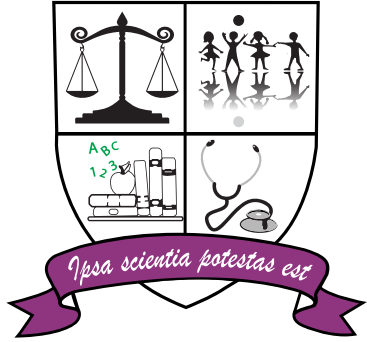
WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Millet	Cereal & Milk	Fruit Salad	French Toast Banana Toast	Eggless Pancakes w/dip
Lunch Non Veg	Chicken Pilau w/Kachumbari	Spagetti Bolognese w/garlic bread	Tuna Sandwich w/ Fruit	Beef Fried Rice w/ Coleslaw	Ugali, Sukuma and Fruit
Lunch Veg	Veg Pilau w/Kachumbari	Spagetti Marinara w/garlic bread	Veg Sandwich w/ Fruit	Veg Fried Rice w/ Coleslaw	Ugali, Sukuma and Fruit
Afternoon Snack	Yogurt Smoothie	Banana Bread	Veg Sticks and Dip	Baking Activity	



WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Millet	Cereal & Milk	Rice Pudding with Raisans	Apple Slices and Yogurt	Eggless Pancakes w/dip
Lunch Non Veg	Beef Pilau w/Kachumbari	Spagetti Marinara w/garlic bread	Beef Stew with Toast	Chicken Curry with Rice	Matoke and Fruit
Lunch Veg	Veg Pilau w/Kachumbari	Spagetti Marinara w/garlic bread	Veg Stew with Toast	Veg Curry with Rice	Matoke and Fruit
Afternoon Snack	Mandazi with dip	Oatmeal Cookies	Popcorn	Baking Activity	



WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Millet	Cereal & Milk	Yogurt Smoothie	Jelly Sandwiches	Eggless Pancakes w/dip
Lunch Non Veg	Veg Pilau w/Kachumbari	Tuna Casserole with Salad	Egg Salad Sandwich and Fruit	Chinese Chicken Noodles and Fruit	Mokimo with Fruit and Kachumbari
Lunch Veg	Veg Pilau w/Kachumbari	Cheese Casserole with Salad	Veg Sandwich w/ Fruit	Veg Stirfry Noodles and Fruit	Mokimo with Fruit and Kachumbari
Afternoon Snack	Custard with Fruit	Carrot Muffins	Mandazi w/dip	Baking Activity	



WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Millet	Cereal & Milk	Eggs and Toast Baked Beans and Toast (V)	Jelly Sandwiches	Eggless Pancakes w/dip
Lunch Non Veg	Veg Pilau w/Kachumbari	Beef Lomein Noodles and Fruit	Mixed Veg Curry with Chappati	Beef Sheppards pie and Fruit	Sausages, Beans and Hashbrowns
Lunch Veg	Veg Pilau w/Kachumbari	Egg Lomein Noodles and Fruit	Mixed Veg Curry with Chappati	Veg Sheppards and Fruit	Mixed Beans and Hashbrowns
Afternoon Snack	Jello with Banana Slices	Zucchini Loaf	Cinnamon Sticks w/dip	Baking Activity	