

## SAMPLE MENU

Every effort is made to prepare our meals as child friendly as possible. We ensure the food is fresh, healthy, and nutritious. We welcome any queries and /or suggestions, please contact Head Cook Alice Akoth at [info@nairobiwaldorfschool.ac.ke](mailto:info@nairobiwaldorfschool.ac.ke)

**THE NAIROBI  
WALDORF  
SCHOOL TRUST**



|                  | KINDERGARTEN<br>BREAK SNACK                          | WEEK 1  | WEEK 2   | WEEK 3   |
|------------------|--|---|--|--|
| <b>MONDAY</b>    | Rice pudding or<br>coconut rice / milk<br><br>Pawpaw | <b>KINDERGATEN LUNCH</b><br><br>Ndengu in ginger sauce,<br>cardamon chapatis, mixed<br>vegetables, fruit salad    | Bean fry in Basil<br>Sauteed red, cabbage & carrots,<br>chapatis/naan, fruit salad   | Vegetable-baked pasta or<br>Spagetti with tomato basil<br>sauce, cucumber & carrot<br>sticks, fruit salad            |
|                  |  | <b>PRIMARY LUNCH</b><br><br>Roasted stew with chicken,<br>cardamom chapati, baked<br>cauliflower, fruit salad     | Yellow beans in basil sauce,<br>ndengu stew, read cabbage &<br>carrot salad, pita bread, fruit<br>salad                    | Baked beef pasta, baked plain<br>pasta, carrot & cucumber<br>sticks, githeri, fruit salad                            |
| <b>TUESDAY</b>   | Baked muesli / milk                                  | <b>KINDERGATEN LUNCH</b><br><br>White, African vegetables stew,<br>coconut chocolate cake & fruit<br>salad.       | Spinach or carrot mash, Yellow<br>beans stew, guacamole,<br>chocolate cake or fruit Salad                                  | Pumpkin coriander soup, bread<br>rolls, spinach omelet, sweet<br>bananas or fruit slices                             |
|                  |  | <b>PRIMARY LUNCH</b><br><br>Fried rice, African beef stew or<br>vegetable stew, sweet potatoes,<br>chips          | Baked fish, mashed potatoes,<br>lettuce salad, guacamole,<br>chocolate cake or strawberries<br>with cream                  | Chicken – spinach soup,<br>Hotdogs with beef viennas,<br>Chinese cabbage stir fry,<br>mukimo or peas, apples         |
| <b>WEDNESDAY</b> | Fruit slice platter                                  | <b>KINDERGATEN LUNCH</b><br><br>Vegetable lasagna, mixed fresh<br>vegetables, fruit salad                         | Saffron vegetable rice, carrot &<br>ginger soup, Halloumi slices,<br>fruit slices or chocolate<br>doughnut or fruit slices | Crepes, vegetable fry,<br>chickpeas broth, fruit salad   |
|                  |  | <b>PRIMARY LUNCH</b><br><br>Beef lasagna, cucumber &<br>tomato salad, mukimo, carrot<br>& ginger soup, apples     | Saffron vegetable rice, carrot &<br>ginger soup, yellow bean<br>salad, fruit slices, chocolate<br>doughnut                 | Crepes, meat balls in sauce,<br>tomato basil soup or broccoli<br>soup, grated cheese, carrot<br>cake                 |
| <b>THURSDAY</b>  | Semolina or wimbi<br>porridge<br>Sweet banana        | <b>KINDERGATEN LUNCH</b><br><br>Spinach/pumpkin/leek potato<br>soup, baguettes or vegetables<br>rice, fruit salad | Spinach & Sukuma sautee, fried<br>cabbage, ugali, mushroom<br>stew, carrot cake or fruit salad                             | Vegetable pilau, bean stew with<br>3 peppers, pumpkin potatoes<br>and fresh beans, banana muffin                     |
|                  |  | <b>PRIMARY LUNCH</b><br><br>Leek / Potato soup, beef<br>burghers, beef pilau, Fruit<br>Salad.                     | Beef fry (wet), chickpeas in<br>broth, sautéed greens, ugali,<br>orange slices   | Chicken & vegetable pilau,<br>bean sauce with three peppers,<br>baked pumpkin or french<br>beans, fruit slices       |
| <b>FRIDAY</b>    | Baked rolls or tea scones<br>or cookies              | <b>KINDERGATEN LUNCH</b><br><br>Margarita or vegetable pizza,<br>bhajias, fruit juice or fruit slices             | Margarita pizza or vegetables<br>burgher, yoghurt or fruit slices  | Fried lentil balls, mash or roast<br>potatoes, vegetable salad or<br>guacamole, yoghurt or fruit<br>salad            |
|                  | Carrot & cucumber sticks                             | <b>PRIMARY LUNCH</b><br><br>Sausage / beef pizza, bhajia,<br>kachumbari, yogurt                                   | Margarita pizza or spicy beef<br>pizza, fried potatoes & onions,<br>carrot & apple salad, juice                            | Fried lentil balls, fish fingers,<br>roasted potatoes, ketchup &<br>tartar sauces, cabbage & carrot<br>salad, yogurt |

*This sample menu is meant to illustrate the wide variety of foods offered. Main dishes alternate weekly and are dependent on ingredient availability. Fruits and vegetables vary by season.*

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