

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

**THE NAIROBI
WALDORF
SCHOOL TRUST**



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