

## 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)



	KINDERGARTEN BREAK SNACK	WEEK 1	WEEK 2	WEEK 3
MONDAY	Rice pudding or coconut rice / milk Pawpaw	KINDERGATEN/ PRIMARY VEGETERIAN LUNCH Ndengu in ginger sauce, cardamon chapatis, mixed vegetables, fruit salad	Soya chunks fry with mixed vegetables, chapatis/tacos, fruit salad	Vegetable-baked pasta or Spagetti with tomato basil sauce, cucumber & carrot sticks, fruit salad
		PRIMARY LUNCH  Roasted stew with chicken, cardamom chapati, baked cauliflower, fruit salad	Yellow beans in basil sauce, ndengu stew, red cabbage & carrot salad, pita bread, fruit salad	Baked beef pasta, baked plain pasta, carrot & cucumber sticks, githeri, fruit salad
TUESDAY	Baked muesli / milk	KINDERGATEN/ PRIMARY VEGETERIAN LUNCH White, African vegetables stew, coconut chocolate cake & fruit salad.	Spinach or carrot mash, Yellow beans stew, guacamole, chocolate cake or fruit Salad	Soya chunk soup/Red lentil soup, baguettes, Halloumi slices, lettuce salad, 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/ PRIMARY VEGETERIAN 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/ PRIMARY VEGETERIAN LUNCH Paneer in sauce, soya mince burghers/Patties with burgher rolls or vegetables rice, fruit salad	Chickpeas broth, Sauteed green vegetables, orange slices	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 Carrot & cucumber sticks	KINDERGATEN/ PRIMARY VEGETERIAN LUNCH Vegetable pizza, bhajias, kachumbari, yoghurt or juice	Margarita pizza or vegetables burgher, yoghurt or fruit slices	Fried lentil balls, mash or roast potatoes, vegetable salad or guacamole, yoghurt or fruit salad
		PRIMARY LUNCH  Sausage / beef pizza, kachumbari, yogurt or juice	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.*