



## NWST 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 [info@nairobiwaldorfschool.ac.ke](mailto:info@nairobiwaldorfschool.ac.ke) or [lavington@nairobiwaldorfschool.ac.ke](mailto:lavington@nairobiwaldorfschool.ac.ke)

## KINDERGARTEN, PRIMARY & HIGH SCHOOL LUNCH

NOTE: Kindergarten will have the vegetarian options in the menu

	WEEK 1	WEEK 2	WEEK 3
MONDAY	Spaghetti/ Macaroni, paneer / bolognese sauce/ concasse, fried cabbage, watermelon Non-wheat: Rice	Beef pilau/ vegetable pilau, green grams in sauce, coleslaw salad & watermelon/ doughnuts	Vegetable rice, beef stew/ egg curry, fried cabbage, watermelon
TUESDAY	Bread rolls, chicken/red lentil soup, sukuma wiki/spinach, fruit salad Non-wheat: Ugali	Ugali, chicken/ paneer in sauce, fried spinach & sukuma wiki, watermelon	Bread rolls, pumpkin/ cream of vegetable soup, sausage/ halloumi slices, spinach, pineapple Non-wheat: Rice
WEDNESDAY	Pumpkin/carrot chapati, green grams in sauce, mixed fresh vegetables, watermelon Non-wheat - Matoke	Crepes, meatballs in sauce/lentils, mixed fresh vegetables, pineapple Non-wheat: Mashed potatoes	Mashed potatoes, chicken/ beans in sauce, sukuma wiki/spinach, chocolate/ coconut cookies
THURSDAY	Fried rice, beef stew / vegetable stew, chocolate cake	Pumpkin/carrot chapati, yellow beans sauce, steamed cabbage, watermelon Non-wheat: Rice	Chicken pilau / vegetable pilau, ratatouille/kachumbari, ripe bananas
FRIDAY	French fries, chicken/ vegetable pizza, carrot & cucumber salad, fresh juice	Lyonnise potatoes, fish fingers/baked eggs, tomato & cucumber salad, fresh juice	Roast potatoes/ bhajia, fried chicken/dengu balls, carrot & cucumber salad, yoghurt

## KINDERGARTEN BREAK SNACK

	WEEK 1	WEEK 2
MONDAY	Rice pudding - coconut rice, milk, sultanas	Baked Muesli, Milk, Watermelon
TUESDAY	Mini mandazis, Hibiscus tea, carrot & cucumber sticks	Tea scones, hot chocolate, carrot & cucumber sticks
WEDNESDAY	Fruit slices platter	Fruit slices platter
THURSDAY	Brown porridge, sweet bananas	Semolina, sweet bananas
FRIDAY	Baked rolls, hibiscus tea, carrot & cucumber sticks	Cookies, hibiscus tea, carrot & cucumber sticks

*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.*

[WWW.NAIROBIWALDORFSCHOOL.AC.KE](http://WWW.NAIROBIWALDORFSCHOOL.AC.KE)

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