



ZUWENA KIDS HOLIDAY CLUB – MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK 10 a.m. – 10.30 a.m.	Chocolate Milk & Red Plum Sandwich	Porridge (Wimbi)	Chocolate Milk & Chapati	Porridge (Wimbi)	Chocolate Milk & Mini Mandazi OR Red Plum Sandwich
LUNCH 12 p.m. – 12.30 p.m.	Spaghetti Bolognese, Fried Mixed Vegetables *** Fruit Cuts and Water	Braised rice, Bean Goulash (OR) Green Mung Beans OR Sprouted Cowpeas Stew) *** Fruit Cuts and Water	Modern Ugali, Minced Beef Stew, Fried Mixed Vegetables, *** Fruit Cuts and Water	Chapati, Green Mung Beans (OR) Bean Goulash OR Sprouted Cowpeas Stew) *** Fruit Cuts and Water	French Fries & Sausage OR Mashed Potatoes & Minced Beef Stew, Fried Mixed Vegetables OR Kheema Pilau, Fried Mixed Vegetables *** Fruit Cuts and Water

- NOTES -** Our skilled Chef prepares fresh, Nutritious and delicious meals daily for our students in school as per this school Menu.
- Fruit Cuts: We alternate the following fruits: **BANANAS, ORANGES, MANGOS, WATERMELON, PINEAPPLES** and any other Fruits in season.
 - Fried Mixed Vegetables may consist of the following: **Sukuma wiki, Spinach and cabbage.**
 - The school also provides **clean drinking water** to all our students as required.
 - **Kids are allowed to carry snacks from home during the Holiday Camp.**
 - This Menu may be reviewed from time to time.