



KENNEDY HOUSE
INTERNATIONAL SCHOOL



MENU 3RD ROTATION

Monday

Snack: carrot cake and watermelon slices

Lunch: Tomato and Pasta Soup

Tuesday

Snack: Pumpkin hummus + guacamole + carrot and cucumber sticks.

Peanuts + samosas

Lunch: falafel burgers (v)

Wednesday

Snack: mandazi, nuts and Fruit skewers

Lunch: vegetable and egg fried rice

Thursday

Snack: popcorn, nuts, raisins and watermelon slices

Lunch: fill your own sandwich (white/brown bread) with roasted chicken/pesto/cheese/mayonnaise/ salads (v)

DESSERT: Chocolate cake and custard

Friday

Snack: crepes with honey and fresh fruit

Lunch: *Bring your own picnic lunch to school!*