



KENNEDY HOUSE
INTERNATIONAL SCHOOL



MENU 1ST ROTATION

Monday

Snack: fresh fruit skewers with date and nut flapjacks

Lunch: pasta with a fresh tomato and basil sauce (v)

Tuesday

Snack: popcorn, nuts, raisins and watermelon slices

Lunch: breaded chicken with rice + a three bean salad
breaded fish/tofu (v)

Wednesday

Snack: plain yogurt, honey, muesli sprinkles and bananas

Lunch: make your own wrap (chicken/hummus/vegetable) (v)

Thursday

Snack: honey/jam/peanut botter sandwiches + fresh fruit

Lunch: spaghetti & meatballs
spaghetti with a roasted vegetable sauce(V)

Friday

Snack: banana pancakes and fresh fruit

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