



KENNEDY HOUSE
INTERNATIONAL SCHOOL



MENU 1ST ROTATION

Monday

Snack: fresh fruit skewers with lemon and poppy seed muffins

Lunch: spaghetti and meatballs with stir fry vegetables

(V) Spaghetti with a fresh tomato sauce with stir fry vegetables

Tuesday

Snack: popcorn, nuts, raisins and watermelon slices

Lunch: breaded chicken with rice + a three bean salad

(V) breaded aubergine

Wednesday

Snack: plain yogurt, honey, muesli sprinkles and bananas

Lunch (V): make your own wrap (chicken/hummus/vegetable) with a greek salad

Thursday

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

Lunch: Swahili Day! +red cabbage, carrot and orange salad

(V)Macarroni Cheese

Friday

Snack: banana pancakes and fresh fruit

Lunch: *Bring your own picnic lunch to school!*/ Order from our
KHoffee Shop