



KENNEDY HOUSE
INTERNATIONAL SCHOOL



MENU 3RD ROTATION

Monday

Snack: peanut butter and banana roll-ups

Lunch: chicken curry/dahl curry/vegetable curry + rice/ugali + poppadum
(v)

Tuesday

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

Lunch: pizza pinwheels (v), greek salad and mixed salads

Wednesday

Snack: carrot cake and watermelon slices

Lunch: pasta with fresh tomato & basil sauce OR pesto (v)

Thursday

Snack: popcorn, nuts, raisins and watermelon slices

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

Friday

Snack: crepes with honey and fresh fruit

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