



# Kennedy House Menu 1st Rotation

## monday

Snack: Lemon & Poppy Seed Muffins & Fruit Skewers

Lunch: spaghetti and meatballs & stir fry vegetables

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

## tuesday

Snack: popcorn, nuts, raisins and watermelon slices

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

## wednesday

Snack: plain yogurt, honey, muesli sprinkles and bananas

Lunch: Breaded chicken with rice + a three bean salad

(V) breaded aubergine

## thursday

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

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

Chicken and Egg Fried Rice

(v) Brown rice salad with cucumber, tomato & yellow pepper

## friday

Snack: banana pancakes and fresh fruit



## monday

Snack: Banana muffins + fruit skewers

Lunch: : beef and roasted potatoes and mixed vegetables

(V) Vegetable shepherd's pie

## tuesday

Snack: ham + cheese chapattis

Lunch: (V) fresh carrot and butternut bread rolls and pizza (v)

## wednesday

Snack: home made crunchies + fruit skewers

Lunch: (V) baked potatoes with cheese, baked beans, sweetcorn and tuna mayonnaise + beef bolognaise sauce

## thursday

Snack: Shortbread biscuits and orange wedges

Lunch: Fish cakes with couscous/rice and a roasted tomato and pepper dipping sauce

(V) Vegetarian Lasagne

## friday

Snack: crepes with honey and fresh fruit

## monday

Snack: carrot cake and watermelon slices

Lunch: Pasta with a fresh tomato and basil sauce / fresh pesto sauce and cheese (V)

## tuesday

Snack: Tortilla corn chips with hummus and guacamole

Lunch: beef burgers / falafel burgers (V)

## wednesday

Snack: mandazi, nuts and Fruit skewers

Lunch: chicken curry/dahl curry + rice/ugali + poppadum (V) Vegetable and egg fried rice

## thursday

Snack: popcorn, nuts, raisins and watermelon slices

Lunch: Bangers and mash and salads

Dessert: chocolate cake!

## friday

Snack: Beef/Vegetable samosas and fresh fruit