



KENNEDY HOUSE  
INTERNATIONAL SCHOOL



# MENU 1ST ROTATION

## Monday

Snack: fresh fruit skewers with lemon and poppy seed muffins

Lunch: spaghetti with a tomato sauce with stir fry vegetables

## Tuesday

Snack: popcorn, nuts, raisins and watermelon slices

Lunch: three bean salad + butternut fritters

## Wednesday

Snack: plain yogurt, honey, muesli sprinkles and bananas

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

## Thursday

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

Lunch: macarroni cheese + red cabbage, carrot and orange salad

## Friday

Snack: banana pancakes and fresh fruit

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