



KENNEDY HOUSE  
INTERNATIONAL SCHOOL



# MENU 3RD ROTATION

## Monday

Snack: carrot cake and watermelon slices

Lunch: Swahili Day (Veggie Makande /Rice) + Beef biriani sauce & braised cabbage

(V) Veggie coconut stew

## Tuesday

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

Peanuts + samosas

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

DESSERT: Chocolate cake and custard

## Friday

Snack: crepes with honey and fresh fruit

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