

Kennedy House Menu 1st Rotation



monday

Snack: Lemon & Poppy Seed Muffins & Fruit Skewers
Lunch: spaghetti and bolognese sauce & stir fry vegetables
(V) Spaghetti with a garden peas ragu in tomato sauce

tuesday

Snack: home made potato crisps, 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) Vegetable rice with green lentils coconut sauce

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

Kennedy House Menu 3rd Rotation



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) Rice with paneer curry or palak paneer

thursday

Snack: popcorn, nuts, raisins and watermelon slices

Lunch: Bangers and mash and salads

(V) vegetable quiche and salads

Dessert: chocolate cake!

friday

Snack: Beef/Vegetable samosas and fresh fruit