

HOUSE OF GRACE SCHOOL MENU

WEEK 1

DAY	BREAK SNACK	LUNCH
MONDAY	DRINKING CHOCOLATE BREAD WITH BB	BOILED RICE LENTIL BEANS & CARROT STEW STEAMED CABBAGE & DHANIA FRUIT
TUESDAY	DRINKING CHOCOLATE MANDAZI	RICE MINCED MEAT FRUIT
WEDNESDAY	DRINKING CHOCOLATE SCONES	MASHED POTATOES /CHIPS SAUSAGE FRUIT
THURSDAY	DRINKING CHOCOLATE SWEETPOTATOES	FRIED RICE WITH DHANIA NDENGU STEW STEAMED CABBAGE & CARROT
FRIDAY	DRINKING CHOCOLATE BREAD WITH BB	UGALI BEEF /MINCED MEAT SUKUMAWIKI/SPINACH FRUIT

WEEK 2

DAY	BREAK SNACK	LUNCH
MONDAY	DRINKING CHOCOLATE BREAD WITH BB	BOILED RICE KIDNEY BEANS & CARROT STEW STEAMED CABBAGE & DHANIA FRUIT
TUESDAY	DRINKING CHOCOLATE MANDAZI	RICE MINCED MEAT FRUIT
WEDNESDAY	DRINKING CHOCOLATE SCONES	CHAPATI NDENGU STEW STEAMED CABBAGE & CARROT FRUIT
THURSDAY	DRINKING CHOCOLATE SWEETPOTATOES	BOILED RICE POTATOES,PEAS & CARROT STEW FRUIT
FRIDAY	DRINKING CHOCOLATE BREAD WITH BB	UGALI BEEF AND CABBAGE

