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**THE WOODFOREST SCHOOLS NANYUKI**

*Let Children Be*

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**WEEKLY MEALS MENU**

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| --- | --- | --- | --- |
| **DAY** | **10 O’CLOCK** | **LUNCH** | **3 O’CLOCK** |
| **Monday** | Porridge | Rice, green grams and oranges/ripe banana  (Seasonal fruit) | Milk |
| **Tuesday** | Tea & bread | Stewed spaghetti and watermelon | Milk |
| **Wednesday** | Porridge | Ugali, minced meat, vegetables and ripe banana /orange  (Seasonal fruit) | Milk |
| **Thursday** | Tea & bread | Pilau, minced meat, cabbage and watermelon | Milk |
| **Friday** | Porridge | Chips, boiled egg, salad and ripe banana | Yoghurt |