



FAIRMONTS INTERNATIONAL SCHOOL

Situated Opposite Daraja Mbili Mixed Secondary School, Kisii Kenya

P.O.BOX 3492-40200, KISII

Tel: 0725 461121

WEEK 1, 5, 10

SEPTEMBER 2018 – DECEMBER 2018



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-Morning Snack (10:00am – 10:30am)	Mini Mandazi Hot Chocolate	Buttered Bread Hot Milo	Enriched Porridge	Weetabix and Milk	Pancakes Hot Chocolate
Lunch (12:00pm – 1:00pm)	Vegetable Pilau Chef's soup	Matoke Beef Wet Fry Stir Fry Veggies	Spaghetti Meat Balls in soup Spinach	Chapati Ndengu Steamed Cabbage	Fries Chicken Mayonnaise salad
Afternoon Snack (3:00pm - 3:30pm)	Fruit in Season	Fruit in Season	Fruit in Season	Fruit in Season	Fruit in Season

WEEK 2, 6, 11

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-Morning Snack (10:00am – 10:30am)	Enriched Porridge	Biscuits Hot Chocolate	Cornflakes Milk	Vegetable Samosas Hot Chocolate	Jelly Sandwich Hot Milo
Lunch (12:00pm – 1:00pm)	Macorroni Minced Meat Fried Vegetables	Chapati Beef Fry Vegetable Stew	Ugali Fish Fingers Greens	Steamed Rice Yellow Beans Fried Cabbage	Bhajia Beef Bites Kachumbari
Afternoon Snack (3:00pm - 3:30pm)	Fruit in Season	Fruit in Season	Fruit in Season	Fruit in Season	Fruit in Season





FAIRMONT'S INTERNATIONAL SCHOOL

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WEEK 3, 8, 12

SEPTEMBER 2018 – DECEMBER 2018



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-Morning Snack (10:00am – 10:30am)	Sweet Potatoes Milk	Weetabix Milk	Doughnuts Hot Chocolate	Peanut Buttered Bread Hot Milo	Enriched Porridge
Lunch (12:00pm – 1:00pm)	Chapati Chicken Stew Steamed Cabbage	Fried Rice Beef Vegetable Stew	Plantains Wet Beef Fry Spinach	Spaghetti Minced Meat Stir Fry Veggies	Fries Beef Sausages Salad
Afternoon Snack (3:00pm - 3:30pm)	Fruit in Season	Fruit in Season	Fruit in Season	Fruit in Season	Fruit in Season

WEEK 4, 9, 13

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mid-Morning Snack (10:00am – 10:30am)	Pancakes Hot Milo	Enriched Porridge	Brawn Sandwich Hot Chocolate	Cornflakes Milk	Biscuits Hot Milo
Lunch (12:00pm – 1:00pm)	Matoke Beef Stew Veggies	Macorroni Meat Balls in soup Spinach	Ugali Fish Fingers Greens	Chapati Red Beans Steamed Cabbage	Lyonnais Potatoes Fish Fingers Carrots & Fruits Salad
Afternoon Snack (3:00pm - 3:30pm)	Fruit in Season	Fruit in Season	Fruit in Season	Fruit in Season	Fruit in Season

