

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Spiced Chickpeas with Yoghurt Mixed Vegetables Tumeric Rice Naan Bread Fresh Watermelon slices Passion Juice	Chicken and Vegetable Stew Butter Bean & Vegetable Medley Cumin Rice Bread roll Orange Wedges	Vegetable Pasta Bake Herbed Focaccia Bread Tamarind Juice Orange Wedges	Chilli Con Carne Vegetable & Red Bean Chilli Cumin Rice Seasonal Vegetables Pita Bread Mango slices	Braised Fish Puttanesca Braised Butter Bean & Vegetable Stew Garlic Mashed Potatoes Seasonal Vegetables Bread roll Vanilla Cake
WEEK 2	Ripe Plantain & Yellow Lentil Curry Vegetable Pulao Mixed Vegetables Paratha Watermelon Slices Passion Juice	Brown Beef Stew Red Kidney Bean & Vegetable Stew Steamed Rice/Ugali Fried Cabbage Naan Bread Orange Wedges	Beef Bolognaise Sauce Soya Keema Herbed Spaghetti Focaccia Bread Chocolate Cake Tamarind Juice	Baked Chicken Stir Fry Vegetable Vegetable Rice Bread rolls Orange Wedges	Rajma Masala Turmeric Rice Cream Spinach/Mchicha Mahamri Bananas Passion Juice
WEEK 3	Lentil in Coconut Sauce Corn & Peas Pulao Seasonal Vegetables Pita Bread Fresh Watermelon Slices Passion Juice	Brazilian Fish Moqueca Vegetable & Butter Bean Stew Ala Brazil Cumin Rice Bread rolls Orange Wedges	Baked Potatoes with Zucchini, Beans & Tomatoes Vegetable Pasta Bake Herbed Focaccia Bread Orange Wedges Tamarind Juice	Chilli Con Carne Vegetable & Bean Chilli Steamed Rice Seasonal Vegetables Chapati Donut Fresh Watermelon Slices	Spiced Moong Daal Tomato Rice Seasonal Vegetables Naan Bread Bananas Tamarind Juice