



SERARE SCHOOL

PRIMARY & JUNIOR SCHOOL MENU

	MON	TUE	WED	THU	FRI
BREAKFAST	Tea Bread with jam/blueband	Tea Bread with blueband/jam	Tea Sweet potatoes	Tea Bread with blueband/jam	Tea mandazi
	Alternative week	Alternative Week		Alternative Week	
	Porridge	Yoghurt Cake Green maize		Tea Cassava Smokies/Bread	
LUNCH	Plain Rice Beans Stew Cabbage Watermelon	Ugali Greens Cabbage Wet Fry	Chapati Ndengu stew Cabbage Watermelon	Spaghetti Meat balls Spinach	Plain Rice Njahi Cabbage Banana
	Alternative Week	Alternative Week	Alternative Week	Alternative Week	Alternative Week
	Pilau with meat Kachumbari Watermelon	Ugali Greens Tripe (matumbo)	Pizza Kachumbari Watermelon	Chips/Wedges Kuku/Smokies Hotdog Salad	Githeri Cabbage Banana
	Alternative Week			Alternative Week	Alternative Week
	Peanut Butter Sauce Plain rice Cabbage Watermelon			Matoke Meatball Spinach	Pilau with meat Kachumbari Banana