



Kabete International School

Lunch & Break Menu

	Option One	Option Two	Option Three	Dessert
Monday	Garlic & Rosemary grilled chicken with gravy Rice & mixed vegetables	Rice with mixed vegetables & chick peas	Rice with broccoli & chick peas	Yogurt (subject to availability) Or Lemon sponge & custard
Break	Brown bread sandwiches with butter/honey/jam, carrot sticks and seasonal fruit			
Tuesday	Chicken sausages with oven baked potatoes & mixed vegetables	Oven baked potatoes with mixed vegetables	Oven baked potatoes with mixed vegetables and lentils	Seasonal fruit salad
Break	Mandazi, carrot sticks and seasonal fruit			
Wednesday	Pasta with pan fried lamb with sauce & sauteed cabbage	Pasta with a béchamel or napolitana sauce & sauteed cabbage	Pasta with green gram & sauteed cabbage	Chocolate cake & custard
Break	Doughnuts, carrot sticks and seasonal fruit			
Thursday	Breaded red snapper goujons with chips & cucumber sticks	Pizza margarita with chips & cucumber sticks	Pizza margarita with chips & cucumber sticks	Ice cream & jelly

Break	Brown bread sandwiches with honey/jam/butter and seasonal fruit			