

Menu – Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Breakfast: Everyday Bread, Toast, Butter, Jam, Honey, Peanut butter, Fresh fruits, Juice, Tea, Coffee, Chocolate, Milk, Yogurt, Oats (porridge), Weetabix and Cornflakes

Plain Omelet, Chicken Bites, White and Brown Bread, Granola with raspberries.	Pancakes with Maple syrup, Oat Porridge, Banana Smoothie, White and Brown Bread	Spanish Omelet, White and Brown Bread, Baked Beans and Koko Krunch	French Toast with Maple syrup and Honey, White and Brown Bread, Porridge and Raspberry Smoothie	Croissant, Nutella, Boiled Eggs, White and Brown Bread, Flavored Yogurt	Bacon, Plain Omelet, Grilled Tomatoes and Bread	Vitumbua, Chapatti, Mandazi, Mtori, Milo cereal, Rolls
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Snack: Every day fresh fruit Juice, milk, tea, coffee, bread

Lemon Cake	Cheese Toast	Cinnamon Twist	Lentil fritters	Sausage Rolls		
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Lunch: Everyday Salad, yogurt and fresh fruit

Meat Balls in Tomato gravy Macaroni Coconut rice Cheese Garlic Bread Chicken soup/rolls Salad	BBQ Pork Roast Lamb with Sauce Sliced sauté Potatoes Pav Bhaji Masala for veg. (mixed vegetables with buns) Cheese Bread Salad	Veg. Menu Whole wheat tortillas Coconut rice Butter Paneer Mixed vegetable curry. Pooris with chickpea curry Salad	Burgers and chips Salad Veg Cutlets	Chicken A La Chef Vegetable Rice Butter Naans for veg. Seasonal vegetables Brinjal and potato curry Soup/sticks Baked Herbed Potatoes Salad	Fish Fingers Fried Potatoes Karai Ghosh with rice Tartar sauce Salad	Pizza Salad
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Dinner

Tortilla soup Tortilla chips with guacamole and salsa Bean Buritos Crunchy and soft tacos Rice Ice cream	Meat Biryani Veg. Biryani Raita Papadum Plain Rice and Beans Fruit salad Caesar salad	Lemon Grilled Chicken Potato wedges Pasta for veg. Salad Oreo Ice cream Fruits	Beef in BBQ sauce Mexican/Plain Rice Mixed vegetable curry Cheese quesadillas Apple crumble	Pepper steak with Brown sauce Mash Potatoes Grilled vegetables Falafels for veg. Buttered Rolls Fruit Chocolate Fudge cake	Honey chili chicken Chili Paneer Sausage rice Lime Juice Fruits	Mbuzi Choma(BBQ Goats Meat) Chips Mayai Grilled corns Brown Rice with veg. curry for vegetarians Tiramisu
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EVENING SNACK AND JUICE SERVED IN DORM

Popcorns	Raisin buns	Apples	Pretzels	Peanuts and cashew nuts	Muffins	Digestive biscuits
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