



School of the Nations: Lunch Menu

Week 1

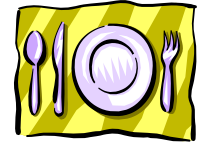
- Monday Main course: Beef stew (Vegetarian: vegetable stew).
Fried rice, green salad with avocado.
Dessert: Seasonal fruits.
- Tuesday Main course: Pan fried fish fillet in batter, (Vegetarian: vegetables fruiters).
Roast potatoes, stir fried vegetables.
Dessert: Jelly.
- Wednesday Main course: Chinese rice, Stir-fried mixed vegetable, Dal Stew
Dessert: Biscuit in custard sauce.
- Thursday Main course: Meat balls in tomato sauce (Vegetarian: vegetable balls in tomato sauce).
Spaghetti, stir fried vegetables.
Dessert: Fruit.
- Friday Main course: Charcoal grill barbeque chicken (Vegetarian: vegetable fruiters).
Potato wedges, coleslaw/green salad.
Dessert: Fruit.



Week 2

- Monday Main course: Stir fried shredded beef with mixed vegetables (Vegetarian: yellow dal). Steamed rice, steamed cabbage.
Dessert: Fruit.
- Tuesday Main course: Fish in bread crumbs (Vegetarian: vegetables in bread crumbs).
Seasoned potato wedges, green salad with avocado.
Dessert: Ice cream.
- Wednesday Main course: Butternut soup with bread rolls, Kidney beans with mixed vegetable salad .
Dessert: Seasonal fruit.
- Thursday Main course: Chicken curry (Vegetarian: vegetable curry).
Steamed rice, steamed spinach.
Dessert: fruit.

Friday Main course: Hamburger (Vegetarian: vegetable burger), Coleslaw.
Dessert: Jelly.



Week 3

Monday Main course: Meat ball in pomodoro sauce (Vegetarian: mixed vegetable ball), Spaghettí, Stír Fried Mixed vegetable.
Dessert: Fruit.

Tuesday Main course: Pan fried ginger fish (Vegetarian: vegetable fruiteders).
Steamed rice and Vegetable Stew.
Dessert: Chocolate custard.

Wednesday Main course: Butternut chapattis with mixed vegetable curry.
Dessert: Seasonal fruit.

Thursday Main course: Beef stew (Vegetarian: vegetable stew).
Pilau rice, steamed cabbage and carrot.
Dessert: Fruit.

Friday Main course: KFC Chicken (Vegetarian: Vegetable Balls).
Potato wedges, coleslaw green salad.
Dessert: Jelly.

Week 4

Monday Main course: Swedish meat balls (Vegetarian: vegetable balls).
Spaghettí, steamed mixed vegetables.
Dessert: Biscuit in custard.

Tuesday Main course: Fish in bread crumbs (Vegetarian: vegetables in bread crumbs).
Seasoned potato wedges, mixed vegetable salad.
Dessert: Fruit.

Wednesday Main course: Saffron rice, yellow dal in curry sauce, vegetable stew.
Dessert: Fruit.

Thursday Main course: Chicken stew (Vegetarian: Vegetable stew).
Steamed rice, Steamed Spinach.
Dessert: Fruit.

Friday

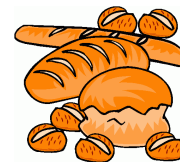
Main course: Charcoal Grilled Beef fillet steak with gravy sauce
(Vegetarian: Green gram Burger:) Stir fried mixed vegetables, .Potato wedges.

Dessert: Ice -cream.



School of the Nations: Snacks Menu

Snacks



Week 1

Monday:

Yoghurt with Apples

Tuesday:

Custard Buns with Hot Chocolate

Wednesday:

Rock Bun with Fruit Juice

Thursday:

Cinnamon Rolls with Hot Chocolate

Friday:

Banana bread or Marble Cake with Tropical Juice

Week 2

Monday:

Yoghurt with Apples

Tuesday:

Carrot Cake with Hot Chocolate

Wednesday:

Chocolate Croissant with Fruit Juice

Thursday:

Tea Scones with Hot Chocolate

Friday:

Swiss Roll with Tropical Juice