



CATHSAM SCHOOL

'A Firm Foundation'

MIXED DAY AND BOARDING

MOI DRIVE, UMOJA

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MENU 2019

	BREAKFAST (Includes Tea)	BREAK	LUNCH	AFTERNOON	DINNER (Includes fruits in season)
MONDAY	Bread/Sausage	Porridge	Tumeric Rice/Beans Stew	Cocoa	Ugali/Kales
TUESDAY	Mandazi	Porridge (Tea & Bread)	Ugali/Minced Meat/ Cabbages/Kales	Cocoa/ Snack	Rice/Beans Stew/ French Beans Stew/ Greens/Fruits
WEDNESDAY	Bread/Boiled Egg	Porridge	Chapati/Ndengu/ (Alternate – Chips)	Cocoa	Githeri/Potatoes/Cabbages
THURSDAY	Mandazi	Porridge	Ugali/Cabbage/Minced Meat	Cocoa/ Snack	Spaghetti/Minced Meat/ Greens/Fruits
FRIDAY	Bread	Porridge	Pilau & Beans Stew	Cocoa	Githeri/Potatoes/Kales
SATURDAY	Mandazi	Tea	Carrot Rice/Beans Stew	Cocoa/Bread	Chapati/Chicken/Cabbages/ Ndengu / (Alternate)
SUNDAY	Ham Sandwich Bread	Tea	Mashed Potatoes/Matoke Fried/ Beef Stew	Cocoa/Bread	Ugali/Beef Stew/Greens