CATHSAM SCHOOL

'A Firm Foundation'

MIXED DAY AND BOARDING

MOI DRIVE, UMOJA/ ACRE TANO, KAMULU

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MENU 2026

DAY	BREAKFAST (Includes Tea)	BREAK	LUNCH	AFTERNOON	DINNER (Includes fruits in season)
MONDAY	Bread/Sausage	Porridge	Rice with Beans Stew	Chocolate	Ugali with Kales/ Spinach/ Beef Stew
TUESDAY	Mandazi	Black Chocolate + Snack	Ugali with Cabbage + Minced Meat Pre-School – Spaghetti with Minced Meat	Fruit	Rice with Beans Stew, Greens + Fruits
WEDNESDAY	Bread/Boiled Egg	Porridge	Chapati with Ndengu Stew	Chocolate	Githeri with Potatoes + Cabbage
THURSDAY	Mandazi	White Chocolate	Ugali with Cabbage + Minced Meat	Fruit	Spaghetti with Minced Meat + Fruits
FRIDAY	Bread	Porridge	Pilau with Beans Stew	Chocolate Babies - Milk	Githeri with Potatoes + Cabbage
SATURDAY	Mandazi	Tea	Rice with Beans Stew & Cabbage	Cocoa + Snack	Chapati with Chicken + Cabbages/ (Alternate – Capati with Ndengu)
SUNDAY	Ham Sandwich Bread	Tea	Mashed Potatoes/Matoke with Beef Stew	Cocoa + Snack	Ugali + Beef Stew + Cabbage