



'Jangu Tufumbe!'

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14---18 January 2019	<u>TANZANIA</u> Pilau Chapati Beef stew Coconut bean sauce Kachumbari Fruit or juice	<u>CONTINENTAL</u> Butternut squash soup Garlic parsley bread Peri peri chicken Vegetarian quesadillas Fresh salad Fruit or juice	<u>ITALY</u> Pasta Potato wedges Bolognese sauce Mushroom sauce Roman spinach salad Fruit or juice	<u>CHINA</u> Steamed rice Sautéed potatoes Honey roasted chicken Stir fried vegetables Sliced cucumber Fruit or Juice	<u>TURKEY---GERMANY---INDIA</u> Beef doner kebabs Paneer doner kebabs Tomato cucumber salad Fruit or juice
21---25 January 2019	<u>INDIA</u> Steamed rice Naan Chicken korma Lentil vegetable curry Butternut squash avocado salad Fruit or juice	<u>CHINA</u> Leek fried rice Vegetable noodles Beef strips in tomato onion sauce Stir fried veggies Sauteed greens Fruit or juice	<u>GREECE</u> Lemon pilaf Roasted potato wedges Baked fish with lemon & herbs Baked stuffed zucchini boats Tomato relish sauce Greek salad Fruit or juice	<u>INDIA-- LEBANON - MEXICO</u> Tandoori chicken shawarma Tandoori paneer shawarma Mexican salad Fruit or juice	<u>ITALY</u> White chicken lasagna Vegetable lasagna Fresh garden salad Fruit or juice