



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18-22 March 2019	<u>ITALY</u> Pasta Mashed potato Beef stroganoff Mushroom stroganoff Panzanella salad Fruit or juice	<u>INDIA</u> Steamed rice Chapati Chicken karahi Lentil vegetable curry Tomato cucumber yogurt salad Fruit or juice	<u>UGANDA</u> Pilau Mini rolex bites Chicken stew Beans sauce Kachumbari Fruit or juice	<u>CHINA</u> Steamed rice Vegetable spring roll Sweet sour beef Vegetable stir fry Cucumber salad Fruit or juice	<u>BBQ DAY</u> Mexican rice Fried plantain African roast chicken Paneer vegetable skewers Avocado tomato salad Fruit or juice
25-29 March 2019	<u>GREECE</u> Vegetable rice Mashed potato Soutzakakia (meatballs in tomato sauce) Eggplant moussaka Steamed vegetables Fruit or juice	<u>CHINA</u> Steamed rice Stuffed tofu triangles Chicken stew French bean carrot stir fry Sliced cucumber & tomato Fruit or juice	<u>TANZANIA</u> Pilau Battered potatoes Fish in coconut curry Peas sauce Kachumbari Fruit or juice	<u>ITALY</u> Roasted potato wedges Beef ravioli in tomato sauce Vegetable ravioli in tomato sauce Butternut squash avocado salad Fruit or juice	<u>BBQ DAY</u> Mexican rice Fried plantain Cajun roast chicken Tofu vegetable skewers Avocado tomato salad Fruit or juice