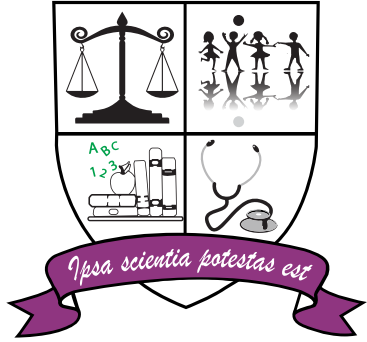
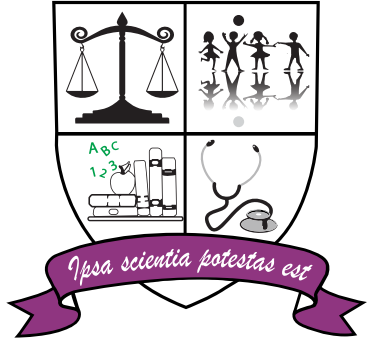


| WEEK ONE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|---------------------|----------------|----------------------|----------------|------------------|
| MORNING SNACK | Millet | Yogurt | Custard Bread | Jam Sandwich | |
| LUNCH | Spaghetti and bread | Mug and Rice | Chilli and bread | Shepherd's Pie | Ugali and Sukuma |
| VEGGIE OPTION | Spaghetti and bread | Mug and Rice | Veg Chilli and bread | Shepherd's Pie | Ugali and Sukuma |
| AFTERNOON SNACK | Mandazi | Fruit roll ups | Banana Muffins | Custard | |



| WEEK TWO | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|------------|-----------------|-----------------------|---------------|--------|
| MORNING SNACK | Millet | Yogurt Smoothie | Pancakes | Fruit | |
| LUNCH | Fried Rice | Fish Cutlets | Yellow Daal and Bread | Pasta | Mokimo |
| VEGGIE OPTION | Fried Rice | Veggie Cutlets | Yellow Daal and Bread | Pasta | Mokimo |
| AFTERNOON SNACK | Popcorn | Cinnamon Sticks | Carrot Muffins | Veggie Sticks | |



| WEEK THREE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|---------------------|---------------------|---------------------|-------------------------|--------|
| MORNING SNACK | Millet | Yogurt | French Toast Sticks | Fruit | |
| LUNCH | Beef Curry and Rice | Spaghetti and bread | Pilaf | Chicken Curry and Bread | Matoke |
| VEGGIE OPTION | Veg Curry and Rice | Spaghetti and bread | Pilaf | Yellow Daal and Bread | Matoke |
| AFTERNOON SNACK | Veggie Sticks | Custard | Mandazi | Fruit roll ups | |