



WEEKLY MENU 2026

DAY	BREAKFAST	LUNCH	SUPPER	AFTER PREPS
MONDAY	Black Tea and Buns 	Rice and Beans/ Irish Potatoes	Nshima and Beans	Soya Porridge
TUESDAY	Black Tea and Donuts 	Rice and Beans 	Chapati/ Nshima and Beans	Soya Porridge
WEDNESDAY	Black Tea and Buns 	Rice and Pasta / Fruits 	Nshima and Beans / Greens	Soya Porridge
THURSDAY	Black Tea, Milk Porridge and Buns	Matooke and G. Nuts	Nshima and Beans	Soya Porridge
FRIDAY	Black Tea and Doughnuts	Vegetable Rice and Beans/ Cow Peas	Chapati / Nshima and Beans	Soya Porridge
SATURDAY	Black Tea and Eggs 	Sweet Potatoes / Rice / Cow Peas	Nshima and Beans / Greens	Soya Porridge
SUNDAY	Milk Tea and Buns 	Matooke / Brown Rice Chicken and Beans /fruits / G,Nuts	Nshima and White Beans	Soya Porridge

