

Term 3 2023

Weekly Meal Planner

Week 7 - 16th to 20th October

| DAY | FOOD | SAUCE | FRUIT/VEG |
|-------------|-----------------------------------------------------------------------------------------------------------------------------------|-------|-----------------|
| MONDAY | Rice | Peas | Pineapple |
| TUESDAY | Spaghetti | | Assorted Greens |
| WEDNESDAY | Oven baked Irish potatoes | | Watermelon |
| THURSDAY | Posho | Beans | Greens |
| FRIDAY | Chapatti | Beans | Pawpaw |
| NOTE | Meals are prepared for the best of each child, however, adjustments are done according to availability of products on the market. | | |

JUNIOR SCHOOL

Plot 334 Gaba Rd
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 Call or text +256 773 001 463

Term 3 2023

Weekly Meal Planner

Week 8 - 23rd to 27th October

| DAY | FOOD | SAUCE | FRUIT/VEG |
|-----------|----------------|----------|---------------|
| MONDAY | Spaghetti | Cabbages | Watermelon |
| TUESDAY | Posho | Beans | |
| WEDNESDAY | Matooke | Gnuts | Oranges |
| THURSDAY | Rice | Beef | |
| FRIDAY | Irish potatoes | | Sweet Bananas |

NOTE

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