

KICS HOT LUNCH MENU NOVEMBER 2011

Monday	Tuesday	Wednesday	Thursday	Friday
31 Samosas Vegetable Rice with tomato and green pepper sauce Fruit	1 Minced meat sauce with pasta and vegetables Fruit: Banana	2 Fried chicken Sauted potatoes Peas and carrots Fruit	3 Beef with mushroom sauce Chapati Spinach Fruit: Banana	4 NO SCHOOL Teacher In-Service
7 Chicken curry Rice French beans and carrots Fruit	8 Lentils and chapati Vegetable Fruit	9 Chicken mushroom with basilica rice Peas and sukuma wiki Fruit: pineapple	10 Spaghetti bolognaise French beans and carrots Fruit: banana	11 Hamburgers with potato wedges Lettuce and tomato Fruit: Pineapple
14 Beef Stew Mashed Potatoes Spinach Fruit	15 African food: Meat sauce, matoke, rice, pumpkin French beans and carrots Fruit: Pineapple	16 Meat and bean burrito Kachumbari and Avocado Lettuce and tomato salad Fruit	17 Pilau with beef Mixed Vegetables Fruit: Banana	18 Cheese and tomato pizza Potato wedges Lettuce and tomato salad Fruit: Banana
21 Spaghetti with meat balls French beans & carrots Fruit: pineapple	22 Taco salad with tortilla chips, meat, beans, lettuce, tomatoes, cheese, avocado, and taco sauce Fruit: banana	23 Beef sauce with Mashed potatoes Spinach Fruit: Pineapple	24 Half day Happy American Thanksgiving!	25 NO SCHOOL
28 Samosas Vegetable Rice with tomato and green pepper sauce Fruit	29 Chicken curry Rice French beans and carrots Fruit	30 Beef Stroganoff with Chapatti Dodo Fruit: pineapple		

..... Detach and return this section with this section with payment.....

Child's Name _____ Grade _____

Check "√" or "x" the days your child will be eating hot lunch

ALL MEALS MUST BE PRE- ORDERED AND PRE-PAID FOR THE MONTH

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	No school
7	8	9	10	11
14	15	16	17	18
21	22	23	24 half day	No school
28	29	30		

Please complete one calendar per student

KG-Grade2 Total number of lunches _____ x 1,500= _____ RWF

Grade 3-12 Total number of lunches _____ x 2,000= _____ RWF

_____ Receipt Requested