

KICS HOT LUNCH MENU September 1st-30th 2011

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Lentils with Rice Cauliflower Fruit: pineapple	2 Spaghetti and Meatballs French Beans and Carrots Fruit: Banana
5 Middle Eastern Kebab Chips Garden Salad Fruit	6 Beef stroganoff Chapati French beans Fruit: Pineapple	7 African Meal: Meat sauce, Pumpkin, Potatoes, Beans, Cabbage Fruit	8 Taco Salad: Tortilla chips, meat, beans, lettuce, tomato, avocado and cheese with taco sauce Fruit: Banana	9 Pasta Gratin Peas & Carrots Fruit Salad
12 Spaghetti and Meatballs French beans and carrots Fruit :Pineapple	13 Beef Brochette Chips Salad: Cabbage & Carrot Fruit	14 Cheese and Tomato Pizza Potato Wedges Salad: Cucumber, Tomatoes, and Onions Fruit: Banana	15 No school	16 No school
19 Chicken Curry Rice French Beans and Carrots Fruit and Pancake	20 Meat and Bean Burrito Kachumbari (Tomato Relish) Avocado Fruit: Doughnut and Pineapple	21 Baked pasta with ham and cheese Dodo Fruit: Banana	22 Fish stew Pomme Saute Peas & Carrots Fruit: Pineapple	23 Samosa and Rice with red sauce Mixed Vegetable Fruit : banana
26 Beef Stew Mashed Potatoes Spinach Fruit Salad	27 Hamburger Potato Wedges Salad: Lettuce and Tomatoes Pineapple	28 Potato Frittata (Mixed French Beans, Eggs, Cheese) Fruit: Banana	29 Baguette Sandwich with cold meat, cheese, lettuce, and tomato Chips Fruit: Pineapple	30 Pilau Mixed Vegetable Fruit: Banana

✂-----Detach and Return this section with payment. -----✂

Child's Name _____ Grade _____

Check "✓" or "X" the days your child will be eating hot lunch.

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13	14	15 No School	16 No School
19	20	21	22	23
26	27	28	29	30

Please complete one calendar per student

KG-Grade 2 Total number of lunches _____ x 1,500= _____ RWF

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

_____ Receipt Requested

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