

KICS HOT LUNCH MENU
September 6 – October 1

Monday	Tuesday	Wednesday	Thursday	Friday
6 SANDWICH (Ham, Chicken, Cheese, Tomatoes, Lettuce) Chips FRUIT - Banana	7 BEEF SAUCE MASHED POTATOES Greens FRUIT - Pineapple	8 SPAGHETTI with MINCED MEAT COOKED VEGETABLES FRUIT-Banana	9 PIZZA(Cheese and Tomatoes) SALAD (Cucumber, Tomatoes and Onions) FRUIT – Pineapple	10 NO SCHOOL
13 SPAGHETTI MEATBALLS FRENCH BEANS and CARROTS FRUIT-Banana	14 JAPANESE STIR-FRIED MEAT Rice noodles FRUIT-Pineapple	15 BEEF STROGANOFF RICE Carrots and French beans FRUIT-Banana	16 BURRITO (meat and beans) KACHUMBARI (relish) AVOCADO FRUIT-Pineapple	17 HAMBURGER CHIPS SALAD-Tomato and cucumber CAKE
20 RICE CHILI CON CARNE SALAD FRUIT-Banana	21 CHAPATI with Lentils FRUIT-Pineapple	22 FISH with sauce POTATO WEDGES Vegetables FRUIT-Banana	23 SPAGHETTI with Tomato sauce and grated cheese GARLIC BREAD FRUIT-Pineapple	24 HALF DAY DISMISSED AT NOON NO HOT LUNCH
27 POTATO GRATIN Greens FRUIT – Banana	28 PILAU Mixed vegetables MIXED FRUITS	29 CHICKEN STEW CHAPATI Vegetables FRUIT - Banana	30 MUSHROOM FISH Sliced potatoes Mixed vegetables FRUIT – Pineapple	1 PIZZA MIXED SALAD (Cucumber, tomatoes, onion, vinegar) PANCAKE

✂-----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
6	7	8	9	10 No lunch
13	14	15	16	17
20	21	22	23	24 No lunch
27	28	29	30	1

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

Please complete one calendar per student

KG-Grade 2 Total number of lunches _____ x 1,200 = _____ RWF

Grade 3-6 Total number of lunches _____ x 1,500 = _____ RWF

Grade 7-12 Total number of lunches _____ x 1,900 = _____ RWF

_____ Receipt Requested