



BROOKHURST INTERNATIONAL SCHOOL

Offering British National Curriculum (Year 4-13)

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DAY	BREAKFAST	10 O'CLOCK	LUNCH	4 O'CLOCK	DINNER
MONDAY	sausage Bread Tea chocolate.	Tea chocholate Porridge	Vegetable Rice Vegetable Stew Salad Fruit	Juice Biscuits Plain cake	Roasted Chicken White Ugali Brown Ugali Greens Fruit
TUESDAY	Tea Chocolate Bread Eggs(Scrambled, boiled)	Tea Chocolate Porridge Bread Samosa	Beef Strognoff Steamed Rice Fresh Garden Veg. Fruit	Juice Mini mandazi or Biscuits	Chips Sausage Coleslow salad Fruit
WEDNESDAY	Fried Bananas Bhaazi Tea(mixed) Chocolate Bread	Tea Chocolate Cake Bread	<u>SNACK LUNCH</u> Mini Burger or Pizza Chips(few) Salad Fruit	Juice Doughnut Or Biscuits	Matoke(rice) Beef Stew Fresh Greens Fruit Slice
THURSDAY	Butter Beans Bread Tea(Mixed) Chocolate	Tea Porridge Bread	Swahili Chapo(Brown Chapo) Coconut Beans Vegetables Fruits	Yorghut Carrot Cake Or Biscuits	Swahili Pilau Gazed Vegetables Fruit Salad
FRIDAY	Bhaazi Tea Chocolate Buttered Bread	Tea(mixed) Porridge Bread Kebab	Beef Carbonara Steamed Rice Vegetables Fruit Plater	Juice Vegetable sandwich Or Biscuits	Bomby Potatoes Sausages Salad Fruit Slice
SATURDAY	Omlette(scramble d/boiled eggs) Bread Tea(Mixed) chocholate	Tea(mixed) Chocolate Buttered Bread	Chinese Rice Beef Stew Vegetables Fruits	Juice Biscuits	Swahili Chapati Ndengu Stew Vegetables Fruits

SUNDAY	Cereals Milk Bread Tea(Mixed) Chocolate	Tea(Mixed) Chocolate Toasted Bread	Saffron Rice Vegetables Fruit Punch	Juice Biscuits	Potato Wedges Sausage Salad Soda
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CHEF'S SPECIAL ACTIVE COOKING

FROM THE STEAMING SHAFFER

1. Fish Fingers
2. Pan fried beef stew
3. Mouth watering chicken/beef mshikaki
4. Tasty chicken wings
5. Chicken palark
6. Bhajia/Beef Burger for
7. Pizza with Masala Chips
8. Chicken tikka

STARTER

- Vegetable soups/crouton
- Salads
- Ice creams