

## GREEN HILLS ACADEMY

This is a SAMPLE LUNCH MENU, It changes weekly. Parents are given a copy of the new menu weekly. Students are provided a snack at break time and lunch at mid day.

### SAMPLE LUNCH MENU

DAY	MAIN COURSE
<b>MONDAY</b>	<ul style="list-style-type: none"><li>• Beef Mittone with sauce</li><li>• Mashed Potatoes</li><li>• Saffron Rice</li><li>• Peas and Carrots</li></ul> <p>Vanilla Cake</p>
<b>TUESDAY</b>	<ul style="list-style-type: none"><li>• Grilled Chicken</li><li>• Roasted Potatoes</li><li>• Dry Beans</li><li>• Steamed Rice</li></ul> <p>Sweet Banana</p>
<b>WEDNESDAY</b>	<ul style="list-style-type: none"><li>• Goat Stew</li><li>• Isombe</li><li>• Cooked Matooke</li><li>• Pilau Rice</li></ul> <p>Sweet Banana</p>
<b>THURSDAY</b>	<ul style="list-style-type: none"><li>• Saute of Beef, sauce aside</li><li>• Boiled Potatoes</li><li>• Peas and Carrots</li><li>• Turmeric Rice</li></ul> <p>Sweet Banana</p>
<b>FRIDAY</b>	<ul style="list-style-type: none"><li>• Bolognaise Sauce</li><li>• Fusili Twisted Pasta</li><li>• Braised Cabbage with Carrots</li><li>• Potato Chips</li></ul> <p>Sweet Banana</p>