



BRIGHT ANGELS INTERNATIONAL SCHOOL – NYARUTARAMA

PRIMARY & SECONDARY: G3 – G8



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Porridge + Bread	African Tea + Bread	Porridge + Bread	African tea + Mandazi	African tea + Mandazi
LUNCH	Spaghetti, minced meat, vegetables, carrots, beans.	Rice, chips, ketchup, mayonnaise, Mushroom sauce, carrots, green beans.	HALF-DAY FOR ALL	Irish potatoes, rice, cabbage, carrots, green beans, dry beans & chicken sauce.	Spaghetti, beef, milk-spinach mix.
DESSERT	Yellow banana				Water melon





BRIGHT ANGELS INTERNATIONAL SCHOOL – NYARUTARAMA

NURSERY, G1 & G2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Porridge + Bread	African Tea + Bread	Porridge + Bread	African tea + Mandazi	African tea + Mandazi
LUNCH	Spaghetti, minced meat, vegetables, carrots, beans.	Rice, chips, ketch-up, mayonnaise, Mushroom sauce, carrots, green beans.	HALF-DAY	Irish potatoes, rice, cabbage, carrots, dry beans & chicken sauce.	Spaghetti, beef, milk-spinach mix.
DESSERT	Yellow banana				Water melon
EVENING SNACKS	Passion fruit juice + cookies	Pineapple juice + cookies		Warm milk + cookies	Pineapple and beetroot juice + cookies





BRIGHT ANGELS INTERNATIONAL SCHOOL – NYARUTARAMA

DAYCARE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Porridge + Bread	African Tea + Bread	Porridge + Bread	African tea + Mandazi	African tea + Mandazi
LUNCH	Spaghetti, minced meat, vegetables, carrots, beans.	Rice, chips, ketchup, mayonnaise, Mushroom sauce, carrots, green beans.	Spaghetti, mixed vegetables and minced meat.	Irish potatoes, rice, cabbage, carrots, dry beans & chicken sauce.	Spaghetti, beef, milk-spinach mix.
DESSERT	Yellow banana, Passion fruit, tree tomato, pawpaw & orange	Yellow banana, Passion fruit, tree tomato, pawpaw & orange	Yellow banana, Passion fruit, tree tomato, pawpaw & orange	Yellow banana, Passion fruit, tree tomato, pawpaw & orange	Yellow banana, Passion fruit, tree tomato, pawpaw & orange
BEFORE SIESTA	Warm milk	Warm milk	Warm milk	Warm milk	Warm milk
EVENING SNACKS	Mixed juice of water melon + passion fruit	Mixed juice of water melon + cookies	HALF-DAY FOR ALL	Mango juice + cookies	Pineapple + beetroot mixed juice + cookies

