



ABC EDUCATIONAL CENTRE

www.abceducentre.ac.ke

MEAL PLAN

DAY	BREAKFAST	LUNCH
MONDAY	Hot Chocolate/Milk	Fried rice + soup + steamed veggies
TUESDAY	Hot Chocolate/Milk	Soft Ugali + spinach
WEDNESDAY	Hot Chocolate/Milk	Chapati + greens + beans stew
THURSDAY	Hot Chocolate/Milk	Fried rice + stewed beans/peas
FRIDAY	Hot Chocolate/Milk	Mashed potatoes + minced meat

NB: Parents to pack a healthy snack for 10:00 am and 3:00 pm

We serve clean drinking water throughout the day

For the very young ones we have for arrangements with parents