








MILGATE
SCHOOL
We Light The Future

P.O BOX 20157-00100, NAIROBI

TEL;0743444666

MENU

DAY	10, OCLOCK SNACK	LUNCH	DESSERT
MONDAY	Tea/ chocolate Bread and an egg	Rice Green Grams Cabbage	
TUESDAY	Tea/ chocolate Sweet potatoes	Ugali Beef stew Spinach	
WEDNESDAY	Tea/ chocolate Mandazi	Rice Beans Stew Cabbage.	
THURSDAY	Porridge With buns	Spaghetti Minced meat Mixed vegetables	
FRIDAY	Tea/ chocolate Bread and sausage	Chapati Green grams Cabbage.	

NB:A DESSERT(FRUIT IN SEASON)WILL BE SERVED WITH THE MAIN MEALS.

BON APPETITE!