



CHILDREN OF THE REDEEMER ACADEMY
12 MILES OFF GREAT NORTH ROAD

MENU TERM 3, 2025

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY AND SUNDAY
-Jam and butter sandwich -Tea with milk	- Oats/Sam p -Coffee	-Muffins -hot chocolate	-Peanut butter /Jam -Tea	-Cake -Coffee	-Cereal -Bread -Eggs -Sausage -Tea/Coffee/Milo

DAY	LUNCH	SUPPER
MONDAY	Fried rice /Beef Stew/Veg/Fruit	-Pasta -Marinated charcoal grilled chicken -Coleslaw
TUESDAY	-Nshima -Grilled Chicken -Veg -Fruit	-Bolognaise -Steamed veggies
WEDNESDAY	-Pasta -Assorted veggies(Vegetarian) -Fruit juice	-Steamed rice -Beef Stroganoff -Veg
THURSDAY	-Nshima -Fried Fish -Veggies -Fruit	-Pasta -Sausage Hungarian -Pasta -Veg
FRIDAY	-Nshima -Offals -Beans(Traditional meal) -Veg -Fruit	-Pilau Rice(chicken pieces with mixed vegetables) -Garden salad
SATURDAY	-Rice -Meat balls -Veg -Fruit	-Pizza/Pies/wraps etc -Juice -Fruit
SUNDAY	-Nshima -Beef Goulash -Veg	-Potato wedges/mash/stuffed -Chicken sausage -Colelaw