



Early Start ECD Center Weekly Menu

Day	Break at 10 AM	Lunch at 12:30 PM
Monday	Porridge and Egg	Rice, beans and cabbage
Tuesday	Chocolate/Tea and Bread	Ugali, kales/spinach and meat
Wednesday	Porridge and Egg	Dengu, rice and cabbage
Thursday	Chocolate/Tea and Bread	Ugali, beans and kales/spinach
Friday	Porridge and Banana	Dengu special, rice and cabbage

Notes

- ✓ Fruits in seasons to be added during tea break or lunch e.g., sliced mangoes, oranges, bananas.
- ✓ Porridge is a mix of 2 types of flour i.e. sorghum and millet or sorghum and maize flour, add sugar to taste and blue band or cooking oil to enrich the porridge.
- ✓ For children who do not eat meat or eggs, an alternative will be provided in consultation with their parent/guardian.
- ✓ Cook/teacher will taste the food first to ensure it is palatable before giving it to the children.

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