



Strauss Preparatory School Menu

Autumn Term

Week A					
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cookies and Tea	Fruit	Egg Sandwiches & Cocoa	Cookies & Drink	Fruit
Lunch	Spaghetti Bolognese	Potatoes & Fish Sauce	Moi Moi	Swallow, Soup & Meat	Jollof Rice & Chicken
After School	Cupcakes & Zobo	Brownie & Custard	Fruit	Cupcakes/Zobo	Fruit

Week B					
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Fruit	Egg Sandwiches & Cocoa	Cookies	Fruit	Egg Sandwiches & Cocoa
Lunch	Macaroni & Minced Meat Sauce	Yam Porridge & Fried Fish	Beans & Fish	Swallow, Soup & Meat	Jollof Rice & Chicken
Afternoon Snack	Sandwich & Zobo	Cookies & Custard	Fruit	Sandwiches	Cookies & Zobo