



MIZI LEARNING HUB

Sample Menu

MONDAY

Snack:

Mini bread pizzas &
Watermelon slices

Lunch:

Fried Rice & Lentil Stew + Fruit
slices

WEDNESDAY

Snack:

Yoghurt & Banana Slices

Lunch:

Chicken pizza & Veggie
stir-fry

FRIDAY

Snack:

Popcorn & Orange Slices

Lunch:

Haitian Spaghetti,
Sautéed French Beans &
Carrots

TUESDAY

Snack:

Chef's special Mandazis &
Hot chocolate

Lunch:

Ugali, Veggies & Fish fillet

THURSDAY

Snack:

Sweet potatoes & Hot
chocolate

Lunch:

Potato Fries & Sausages
+ Fruits