

A NOTE FROM THE KITCHEN

At St Mary's International Academy we pride in providing every child and teenager with the very best meals. We have painstakingly, over several years developed the optimal menu in order to provide only the healthiest and most nutritious meals at every break, lunch and dinner while still offering a large variety.

Our Kitchen does the very best to cater for the vast diversity of our students by serving English, African, Chinese, Indian, Italian, French cuisine and more so that our students can feel at home even while in school.

In the kitchen and dining hall we take hygiene very seriously and have regular sanitation days and maintain a high standard of cleanliness and disinfection in order to provide our students with only the healthiest meals.

Our school menu is provided below. We use a pre-scheduled menu for each week. Please note that the menu is subject to alteration depending on the availability of ingredients.

- Breakfast-*

(All Breakfasts are served with either hot chocolate, tea or coffee and bread)

- Cornflakes or other cereal
- Weetabix or porridge
- Eggs and Sausages
- Peanut butter and Jelly Sandwiches
- Breakfast donuts
- Croissants
- Pancakes
- Various breakfast sandwiches

-Break/ Evening tea-*

(All Breaks are served with either hot chocolate, tea or coffee and juniors are offered a variety of juices of flavored milk)

- Chocolate Donuts
- Cupcakes
- Various sandwiches
- Spring rolls
- Cake
- Samosas
- Biscuits

-Lunch/ Dinner-*

(All lunches and dinners are served with a dessert)

- Spaghetti and meatballs
- Steak and mash
- Lemon rice and meatballs
- Chips and burgers
- Chips and chicken
- Chips and Sausage
- Spaghetti with bolognese sauce

- Bhajias
- Chapatti and mince gravy
- Chapatti and beans
- Puri's and egg masala
- Ugali, beef stew and sukuma
- Penne pasta in special tomato sauce
- Rice and Chicken curry
- Chinese fried rice
- Stir fried noodles

-Dessert-

- Fresh fruit salad
- Jelly
- Fruit Custard
- Various Yoghurts

** Breakfast, Evening tea and Dinner are ONLY served to borders.*