



SAMPLE COURSE MENU

WITH LOVE

Communities Assist

Sunday



MENU

Buffet Style

English/Kiswahili

ARRIVAL: 3-6PM

EVENING TEA/CHAI YA JIONI

Peanuts/Karanga

Green Tea, Coffee, Juice/Green Tea, Kahawa, Juisi

DINNER

Fried Vermicelli Noodles with Kidney Beans in Coconut Milk/Tambi na Maharage

Green Vegetables/Mbogamboga

Roasted Beef/Nyama Choma ya Ng'ombe

Fruit/Matunda

WITH LOVE

Communities Assist



MENU

Buffet Style

English/Kiswahili

BREAKFAST

*Peanuts/Karanga
Green Tea, Masala Tea*

MORNING TEA/CHAI

*Savoury Doughnut/Mandazi
Cocoyam (Taro)/Magimbi
Porridge/Uji
Fruit (Ripe Bananas in Coconut Sauce)/Tunda (Ndizi Mbivu)
Lemongrass Tea, Hot Water, Coffee/Chai ya mchaichai, Maji Moto, Kahawa*

LUNCH/CHAKULA CHA MCHANA

*Rice/Wali
Green Vegetables/Mbogamboga
Meat/Nyama
Beans/Maharage
Roasted Eggplant/Biringanya
Fruit (Watermelon/Papaya)/Matunda (Tikiti/Papai)*

EVENING TEA/CHAI YA JIONI

*Peanuts/Karanga
Green Tea, Coffee, Juice/Green Tea, Kahawa, Juisi*

DINNER

*Aromatic Tomato Base Rice with Beef/Pilau Nyama (Ng'ombe)
Cabbage Salad/Kachumbari
Fruit/Matunda*

WITH LOVE

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MENU

Buffet Style

English/Kiswahili

BREAKFAST

Peanuts/Karanga, with your choice of Green Tea or Masala Tea

MORNING TEA/CHAI

Grilled Cassava/Mihogo

Soft Salads/Saladi Laini

Boiled Bananas/Ndizi Mchemsho

Porridge/Uji

Fruit (Ripe Bananas in Coconut Sauce)/Tunda (Ndizi Mbivu)

Lemongrass Tea, Hot Water, Coffee/Chai ya mchaichai, Maji Moto, Kahawa

LUNCH/CHAKULA CHA MCHANA

Ugali

Green Vegetables/Mbogamboga

Roasted Silver Cyprinid Fish/Dagaa

Roasted Eggplant/Biringanya

Fruit (Pineapple/Papaya)/Matunda (Nanasi/Papai)

EVENING TEA/CHAI YA JIONI

Peanuts with Green Tea, Coffee, Juice/Karanga, Green Tea, Kahawa, Juisi

DINNER

Rice/Wali

Green Vegetables/Mbogamboga

Meat/Nyama

Beans/Maharagwe

Roasted Eggplant/Biringanya

Fruit (Watermelon/Papaya)/Matunda (Tikiti/Papai)

WITH LOVE

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Wednesday

MENU

Buffet Style

English/Kiswahili

BREAKFAST

*Peanuts/Karanga
Green Tea, Masala Tea*

MORNING TEA/CHAI

*Bread/Mkate
Boiled Eggs/Mayai
Porridge/Uji
Fruit (Ripe Bananas in Coconut Sauce)/Tunda (Ndizi Mbivu)
Lemongrass Tea, Hot Water, Coffee/Chai ya mchaichai, Maji Moto, Kahawa*

LUNCH/CHAKULA CHA MCHANA

*Green Banana, Beef & Potato Stew/Ndizi Nyama, Viazi Mviringo
Green Vegetables/Mbogamboga
Fruit (Watermelon/Papaya)/Matunda (Tikiti/Papai)*

EVENING TEA/CHAI YA JIONI

*Peanuts/Karanga
Green Tea, Coffee, Juice/Green Tea, Kahawa, Juisi*

DINNER

*Aromatic Tomato Base Rice with Beef/Pilau Nyama (Ng'ombe)
Cabbage Salad/Kachumbari
Fruit/Matunda*

WITH LOVE

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Thursday

MENU

Buffet Style

English/Kiswahili

BREAKFAST

*Peanuts/Karanga
Green Tea, Masala Tea*

MORNING TEA/CHAI

*Chapati
Boiled Bananas with Capsicum, Carrot and Garlic/Ndizi Mchemsho, Pilipili Hoho,
Karoti, Kitunguu
Porridge/Uji
Fruit (Ripe Bananas in Coconut Sauce)/Tunda (Ndizi Mbivu)
Lemongrass Tea, Hot Water, Coffee/Chai ya mchaichai, Maji Moto, Kahawa*

LUNCH/CHAKULA CHA MCHANA

*Fried Vermicelli Noodles with Kidney Beans in Coconut Milk/Tambi na Maharage
Green Vegetables/Mbogamboga
Roasted Eggplant/Biringanya
Fruit (Watermelon/Pineapple/Papaya)/Matunda (Tikiti/Pineapple/Papai)*

EVENING TEA/CHAI YA JIONI

*Peanuts/Karanga
Green Tea, Coffee, Juice/Green Tea, Kahawa, Juisi*

DINNER

*Green Banana, Beef & Potato Stew/Ndizi Nyama, Viazi Mviringo
Green Vegetables/Mbogamboga
Fruit (Watermelon/Papaya)/Matunda (Tikiti/Papai)*

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MENU

Buffet Style

English/Kiswahili

BREAKFAST

*Peanuts/Karanga
Green Tea, Masala Tea*

MORNING TEA/CHAI

*Soft Salads/Saladi Laini
Potatoes/Viazi Mviringo
Porridge/Uji
Fruit (Ripe Bananas in Coconut Sauce)/Tunda (Ndizi Mbivu)
Lemongrass Tea, Hot Water, Coffee/Chai ya mchaichai, Maji Moto, Kahawa*

LUNCH/CHAKULA CHA MCHANA

*Aromatic Tomato Base Rice with Beef/Pilau Nyama (Ng'ombe)
Fried Chicken/Kuku (Kukaangwa)
Cabbage Salads
Fruit/Matunda*

EVENING TEA/CHAI YA JIONI

*Peanuts/Karanga
Green Tea, Coffee, Juice/Green Tea, Kahawa, Juisi*

DINNER

*Fried Vermicelli Noodles with Kidney Beans in Coconut Milk/Tambi na Maharage
Green Vegetables/Mbogamboga
Roasted Eggplant/Biringanya
Fruit (Watermelon/Pineapple/Papaya)/Matunda (Tikiti/Pineapple/Papai)*

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