



RESTAURANT
ZAMANI

Secondary School Menu
March 2 – March 13

Week 1 (March 2-6)

Monday 5.00 USD

1. Chicken Hot Dogs, Fries & Salad
2. Ratatouille with Plantains

Tuesday 5.00 USD

1. Beef Sausage & Fried Rice
2. Wraps : Vegetarian or Beef

Wednesday 5.00 USD

Crepes

1. Cheese and Vegetables
2. Chicken and Cheese

Salad

Thursday 5.00 USD

1. Beef Lasagna
2. Vegetable Lasagna

Salad

Friday 5.00 USD

1. Fish, Chips & Honey-glazed baby carrots
2. Lentil Soup with Bread

Week 2 (March 9-13)

Monday 5.00 USD

1. Beef Kebabs with Garlic Roasted Potatoes
2. Potato Salad w/ Cucumber, Tomato & Onion

Tuesday 5.00 USD

1. Popcorn Chicken, Plantains & parmesan Zucchini
2. Wraps : Vegetarian or Beef

Wednesday 5.00 USD

1. Chipolata Sausage & Mashed Potatoes
2. Mashed Potatoes & Creamy Mushrooms

Thursday 5.00 USD

1. Spaghetti with Meat and Tomato Sauce
2. Spaghetti with Vegetable Sauce

Friday 5.00 USD

Pizza

1. Vegetarian
2. Chicken



RESTAURANT
ZAMANI

Secondary School Menu

March 16 – April 10

(Spring Break March 23 – April 3/TASOK closed)

Week 3 (March 16-20)

Monday 5.00 USD

1. Sausage, Pepper, Onion & Potato Bake
2. Ratatouille with White Rice

Tuesday 5.00 USD

1. Chicken Nuggets with Fried Rice
2. Wraps : Vegetarian or Beef

Wednesday 5.00 USD

1. Grilled Fish & Baked Mashed Parmesan Potatoes
2. Baked Mashed Parmesan Potatoes w/ Baked Zucchini

Thursday 5.00 USD

1. Baked Pasta with Cheese & Beef
2. Baked Pasta with Cheese & Veggies Salad

Friday 5.00 USD

1. Cheese Burgers & Salad
2. Lentil Soup with Bread

Week 4 (April 6-9; school closed April 10)

Monday 5.00 USD

1. Beef Stew w/ Carrots & Potatoes
2. Mixed Vegetables & Sautéed Potatoes

Tuesday 5.00 USD

1. Popcorn Chicken, Potatoes & Salad
2. Wraps : Vegetarian or Beef

Wednesday 5.00 USD

1. Crispy Chicken w/ Baked Potato Slices
2. Baked Potato Slices w/ Baked Zucchini

Thursday 5.00 USD

1. Spaghetti with Meat and Tomato Sauce
2. Spaghetti with Vegetable Sauce

Friday 5.00 USD (no school)

1. Pizza (Vegetarian or Chicken)
2. Chicken Nuggets with Fried Rice