

FOOD FAMILIES

At Chipukizi, mealtimes are an important part of developing responsibility, leadership, and community. Children and adults sit in mixed-age Food Families, led by our older Miche children, who help lay the table, serve food, and guide their group in making healthy choices.

All children clear their own plates and learn about reducing food waste through composting and feeding veggie scraps to our ever-greedy ducks, Guinea pigs and tortoises.

Each Food Family starts with a different carbohydrate each day, then makes guided chooses from a buffet of vegetables, sauces, and proteins to build a balanced meal.

Milk/cream/butter/eggs/chicken/most veggies:
Longonot Farm (pasture-fed animals/organic shamba)

Bread: The Coffee Hut
Wraps/pizza bases/sauces/maharagwe: Homemade

M O N D A Y S	Snack @ 10	French toast / Frozen yoghurt & mixed berry Ice lollies' / Fruit x 2				
	Lunch @ 12	Homemade pizza bases	Rice + Chapo	Homemade wraps	Linguine	Homemade pizza bases
	Snack @ 2	Toasted sough-dough fingers / Cream cheese / Fruit x 1				

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Snack @ 10

Porridge / Fruit x 2

Lunch @ 12

MICHE: 'Coffee Hut picnic' of sough-dough toasties, sausage rolls, crudités

MBEGU: Broccoli & cheese quiche, potato wedges OR scrambled egg bagels / Corn on the cob / Crudites

Snack @ 2

Sugar-free flapjacks OR Banana muffins / Fruit x 1

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Snack @ 10

Carrot & sultana muffins / Banana smoothies / Friuit x 2

Lunch @ 12

Rice +
Chapo

Homemade
wraps

Linguine

Homemade
pizza bases

Rice +
Chapo

Snack @ 2

Weetabix / Bio yoghurt / Fruit x 1

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Snack @ 10

Brown rice cakes / Linda's nut butters / Fruit x 2

Lunch @ 12

Homemade wraps

Linguine

Homemade pizza bases

Rice + Chapo

Homemade wraps

Snack @ 2

Porridge / Fruit x 1

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Snack @ 10

Scotch pancakes / Bio yoghurt / Fruit x 2

Lunch @ 12

Linguine

Homemade pizza based

Rice + Chapo

Homemade wraps

Linguine

Snack @ 2

Brown rice cakes / Linda's nut butters / Fruit x 1