

Student's Name:..... Grade:

SCHOOL MENU OCTOBER (2018)

DATE	DAY	GH¢ 13.00(FOUNDATION 1&2 Yr), 14(PRIMARY 3-6 Yr) & 20(SECONDARY 7-13 Yr) (All Meals include Veg & Dessert)	SNACK (Select from snack menu)
01/10/2018	MONDAY	Option 1: Roast Chicken in Mustard Sauce/ Sauteed Spaghetti Option 2: Roast Chicken in Mustard Sauce/ Mashed Potato w Scalion Option 3: Bread Crusted Fish/ Sauteed Spaghetti Option 4: Bread Crusted Fish/ Mashed Potato w Scalion Veg: Sauteed Zucchini W Parsley Dessert: Cut Melon Or Yoghurt	
02/10/2018	TUESDAY	Option 1: Beef Lasagna/ Vegetables Option 2: Chicken Stew W Carrot & Peas/ Jollof Rice Veg: Sauteed Broccoli Dessert: Fruit Salad & Chocolate Profiterol	
03/10/2018	WEDNESDAY	Option 1: Chicken Teriyaki/ Sauteed Fried Noodles Option 2: Chicken Teriyaki/ Spinach Rice Option 3: Beef Sauce W Vegies/ Spinach Rice Option 4: Beef Sauce W Vegies/ Sauteed Fried Noodles Veg: Wok Vegetables Dessert: Sliced Fruit Or Pancake	
04/10/2018	THURSDAY	Option 1: Chicken in Tomato Sauce/ Fried Plantain Option 2: Chicken in Tomato Sauce/ Steamed Rice Option 3: Baked Fish W Bean Stew/ Fried Plantain Option 4: Baked Fish W Bean Stew/ Steamed Rice Veg: Sauteed Cut Beans W Herbs Dessert: Seasonal Fruit Salad Or Pineapple Cake	
05/10/2018	FRIDAY	Option 1: Panini W Beef & Cheese/ French Fries Option 2: Chicken Burger / French Fries Veg: Vegetable Tian Dessert: Yoghurt Or Fruit Salad	
08/10/2018	MONDAY	Option 1: Beef Sheperds Pie/ Plain Rice Option 2: Beef Sheperds Pie/ Boiled Yam Option 3: Pan Fried Fish in Palava Sauce/ Plain Rice Option 4: Pan Fried Fish in Palava Sauce/ Boiled Yam Veg: Buttered Carrots W Parsley Dessert: Vanilla Profiterol W Castard Or Fruit Salad	
09/10/2018	TUESDAY	Option 1: Chicken A La Basquise/ Steamed Rice Option 2: Chicken A La Basquise/ Boiled Yam Option 3: Beef Garden Egg Stew/ Steamed Rice Option 4: Beef Garden Egg Stew/ Boiled Yam Veg: Medley of Grilled Veg Dessert: Chocolate Cake Or Whole Fruit	
10/10/2018	WEDNESDAY	Option 1: Chicken Cacciatore/ Portuguese Rice Option 2: Chicken Cacciatore/ Roasted Potato Option 3: Portuguese-Style Fish Stew / Portuguese Rice Option 4: Portuguese-Style Fish Stew/ Roasted Potato Veg: Veg Medley Dessert: Pastel de Nata Or Fruit Salad	
11/10/2018	THURSDAY	Option 1: Chicken Lentil Stew/ Jollof Rice Option 2: Chicken Lentil Stew/ Veg Couscous Option 3: Meat Ball in Tomato Sauce/ Jollof Rice Option 4: Meat Ball in Tomato Sauce/ Veg Couscous Veg: Sauteed Carrot & Green Peas Dessert: Fruit Salad Or Pancake	
12/10/2018	FRIDAY	Option 1: Chicken Quesadilla/ Roasted Potato W Cheese Option 2: Chicken Quesadilla/ Fried Plantain Option 3: Chicken Lasagna/ Roasted Potato W Cheese Option 4: Chicken Lasagna/ Fried Plantain Veg: Sauteed Cauliflower Dessert: Fruits Or Pancake	

15/10/2018	MONDAY	Option 1: Chicken Fricasse W Mushroom/ Pilaf Rice Option 2: Chicken Fricasse W Mushroom/ Sauteed Tagliatelle Option 3: Fish Skewer w Tomato Stew/ Pilaf Rice Option 4: Fish Skewer w Tomato Stew/ Sauteed Tagliatelle Veg: Medley of Roasted Vegetable Dessert: Fruits Or Vanilla Sponge Cake	
16/10/2018	TUESDAY	Option 1: Beef Palmnut Soup/ Rice Balls Option 2: Grilled Chicken W Fajitas Sauce/ Parsley Potatoes Veg: Sauteed Spinach Dessert: Sliced Fruits Or Brownie	
17/10/2018	WEDNESDAY	Option 1: Pollo Guisado/ Tortilla Espanola Option 2: Pollo Guisado/ Spanish Rice Option 3: Pescado al Pimenton/ Tortilla Espanola Option 4: Pescado al Pimenton/ Spanish Rice Veg: Mallorca Style Vegetable Dessert: Sliced Fruits Or Yoghurt	
18/10/2018	THURSDAY	Option 1: Beef Bolognaise/ Sauteed Spaghetti Option 2: Beef Bolognaise/ Diced Roast Potato Option 3: Chicken BBQ Wings/ Diced Roast Potato Option 4: Chicken BBQ Wings/ Sauteed Spaghetti Veg: Sauteed Mixed Veg Dessert: Cut Water melon Or Vanilla Cookies	
19/10/2018	FRIDAY	Option 1: Beef & Cheese Shawarma/ French Fries Option 2: Chicken Fingers w Cocktail Sauce/ French Fries Veg: Spinach W Cream Dessert: Pancake Or Whole Fruit	
22-26/10/2018	ONE WEEK	MID SEMESTER BREAK	
29/10/2018	MONDAY	Option 1: Beef Okro Stew/ Banku Option 2: Beef Okro Stew/ Tumeric Rice Option 3: Chili Con Carne/ Tumeric Rice Veg: Vegetable Fricasse Dessert: Fresh Fruit Salad Or Black Forest	
30/10/2018	TUESDAY	Option 1: Beef Tajine/ Yam Potage Option 2: Beef Tajine/ Spanish Rice Option 3: Grilled Merguez/Yam Potage Option 4: Grilled Merguez/ Spanish Rice Veg: Suteed Broccoli Dessert: Fruit Cakes Or Fruit Salad	
31/10/2018	WEDNESDAY	Option 1: Chicken Jambalaya/ Vegetables Option 2: Grilled fish W Lemon Sauce /Mac & Cheese Veg: Sauteed Zuchinni Dessert: Banana Cake Or Fruit Salad	

Parent Name: _____ Contact Number: _____

E-mail Address: _____

Note

Meals: Please tick your option

Dessert: Please Circle your choice

Snack: Please write your choice in the snack box

Payment done on the day of pre-order will attract an additional charge of GHs 2.00

EXAMPLE

Option 1: Chicken Bbq Style / Biryani Rice Option 2: Chicken Bbq Style/ Potato Wedges Option 3: Roasted Fish In Tomato Sauce/ Biryani Rice Option 4: Roasted Fish In Tomato Sauce / Potato Wedges Veg: Tossed Green Beans Dessert: Fruit Salad Or <u>Yoghurt Cake</u>	Plain Croissant (100gr)
--	-------------------------

"Thank You"