

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

**SCHOOL MENU AUGUST (2018)**

DATE	DAY	GHC 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)
08/08/2018	WEDNESDAY	Option 1: Chicken in Tomato Gravy/ Jollof Rice Option 2: Chicken in Tomato Gravy/ Pasta Option 3: Grilled Beef in BBQ Sauce/ Jollof Rice Option 4: Grilled Beef in BBQ Sauce/ Pasta Veg: Sliced Carrots with Parsley Dessert: Diced Fruits Or Yoghurt	
09/08/2018	THURSDAY	Option 1: Chicken Okro Stew/ Banku Option 2: Chicken Okro Stew/ Plain Rice Option 3: Beef Goulash/ Plain Rice Option 4: Beef Goulash/ Banku Veg: Sauteed Peas Dessert: Diced Fruits Or Vanilla Muffin	
10/08/2018	FRIDAY	Option 1: Beef Burger / Curried Fries Option 2: Beef Burger/ Steamed Rice Option 3: Tuna Pie/ Curried Fries Option 4: Tuna Pie/Vegetables Veg: Roasted Mixed Vegetables Dessert: Brownies Or Yoghurt	
13/08/2018	MONDAY	Option 1: Grilled Beef BBQ Sauce/ Diced Yam Option 2: Grilled Beef BBQ Sauce/ Tumeric Rice Option 3: Fish Skewer with Palava Sauce/ Diced Yam Option 4: Fish Skewer with Palava Sauce/ Tumeric Rice Veg: Sauteed Carrots Dessert: Cut Water Melon Or Chocolate Muffins	
14/08/2018	TUESDAY	Option 1: Chicken Stew with Peas & Carrots/ Sauteed Pasta Option 2: Chicken Stew with Peas & Carrots/ Jollof Rice Option 3: Shredded Beef Sauce/ Sauteed Pasta Option 4: Shredded Beef Sauce/ Jollof Rice Veg: Steamed Cut Beans Dessert: Banana Or Yoghurt	
15/08/2018	WEDNESDAY	Option 1: Beef Lasagna/ Braed Rolls Option 2: Beef Lasagna/ Vegetable Option 3: Tuna Bolognese/ Bread Rolls Option 4: Tuna Bolognese/Spaghetti Veg: Gratinated Zucchini Dessert: Carrot cake Or Fruit Salad	
16/08/2018	THURSDAY	Option 1: Roasted Chicken Thigh with Mustard Sauce/ Fried Rice Option 2: Roasted Chicken Thigh with Mustard Sauce/ Boiled Ripe Platain Option 3: Fish with Bean Stew/ Boiled Ripe Platain Option 4: Fish with Bean Stew/ Fried Rice Veg: Sauteed Carrots with Parsley Dessert: Pancake Or Fruit Salad	
17/08/2018	FRIDAY	Option 1: Margarita Pizza/ French Fries Option 2: Margarita Pizza/ Polenta Chips Option 3: Fish Burger / French Fries Option 4: Fish Burger/ Polenta Chips Veg: Mixed vegetables Dessert: Chocolate Mousse Or Apple	
20/08/2018	MONDAY	Option 1: Grilled Chicken Thigh with Mustard Sauce / Spaghetti Option 2: Grilled Chicken Thigh with Mustard Sauce/ Carrots & Zucchini Gratin Option 3: Beef Bolognese/ Spaghetti Option 4: Beef Bolognese/ Carrots & Zucchini Gratin Veg: Sauteed Broccoli Dessert: Banana Or Yoghurt	
21/08/2018	TUESDAY	Option 1: Beef Palnut Soup/ Sauteed Potato Option 2: Beef Palnut Soup/ Rice Balls Option 3: Griled Fish with Garden Egg Stew/ Sauteed Sweet Potato Option 4: Griled Fish with Garden Egg Stew/ Rice Balls Veg: Mixed Sauteed Vegetables Dessert: Fruits Or Coconut cake	
22/08/2018	WEDNESDAY	<b>EID ADHA</b>	
23/08/2018	THURSDAY	Option 1: Chicken with Basquase Sauce/ Spaghetti Option 2: Chicken with Basquase Sauce/ Jollof Rice Option 3: Fish in Toamato Sauce/ Spaghetti Option 4: Fish in Toamato Sauce/ Jollof Rice Veg: Sauteed Green Beans Dessert: Seasonal Fruit Salad Or Banana Cake	

24/08/2018	FRIDAY	Option 1: Chicken Burger/ French Fries Option 2: Chicken Burger/ Kelelwale Option 3: Fish Nuggets / French Fries Option 4: Fish Nuggets / Kelelwale Veg: Sauteed Carrots & Zucchini Dessert: Sliced Fruits Or Yoghurt	
27/08/2018	MONDAY	Option 1: Beef Cottage Pie/ Lebanese Rice Option 2: Beef Cottage Pie/ Pasta Gratin Option 3: Fish Stew/ Lebanese Rice Option 4: Fish Stew/ Pasta gratin Veg: Tossed Zucchini & Parsley Dessert: Fruits Or Yoghurt cake	
28/08/2018	TUESDAY	Option 1: Grilled ChickenThigh with Brown sauce/ Sauteed Sweet Potato Option 2: Grilled ChickenThigh with Brown sauce/ Jollof Rice Option 3:Shredded Beef Sauce/Sauteed Sweet Potato Option 4: Shredded Beef Sauce/ Jollof Rice Veg: Sauteed Carrots Dessert: Brownies Or Whole Fruit	
29/08/2018	WEDNESDAY	Option 1: Paella/ Fried Plantain Option 2: Paella/ Vegetables Option 3: Fish in Tomato Sauce/ Fried Plantain Option 4: Fish in Tomato Sauce/ Plain Rice Veg: Tossed Cauliflower Dessert: Fresh Fruit Salad Or Brownie	
30/08/2018	THURSDAY	Option 1: Chicken Nuggets in Tomato Gravy/ Sauteed Pasta with Olive Option 2: Chicken Nuggets in Tomato Gravy/ Banku Option 3: Beef Okro Stew/ Banku Veg: Sauteed Mixed Vegetables Dessert: Yoghurt Or Fruit Salad	
31/08/2018	FRIDAY	Option 1: Chicken Burger/ Pilaf Rice Option 2: Chicken Burger/ French Fries Option 3: Fish in Caper Sauce/ Pilaf Rice Option 4: Fish in Caper Sauce/ French Fries Veg: Sauteed Carrots & Green Beans Dessert: Chocolate 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)
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"Thank You"