

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

SCHOOL MENU MARCH (2019)

DATE	DAY	GHc 14.00(FOUNDATION 1&2 Yr), 15(PRIMARY 3-6 Yr) & 21(SECONDARY 7-13 Yr) (All Meals include Veg & Dessert)	SNACK (Select from snack menu)
01/03/2019	FRIDAY	<b>Option 1: Stewed Gizzard in Tomato Sauce/ French Fries</b> <b>Option 2: Cheese &amp; Chicken Panini / French Fries</b> <b>Veg: Diced Roasted Vegetables</b> <b>Dessert: Yoghurt Or Banana</b>	
04/03/2019	MONDAY	<b>Option 1: Chicken in Veg Stew/ Diced Yam</b> <b>Option 2: Chicken in Veg Stew /Steamed Rice</b> <b>Option 3: Beef Garden Egg Stew/ Diced Yam</b> <b>Option 4: Beef Garden Egg Stew/ Steamed Rice</b> <b>Veg: Diced Carrots &amp; Parsley</b> <b>Dessert: Diced watermelon Or Coconut Cake</b>	
05/03/2019	TUESDAY	<b>Option 1: Boiled Egg w Beans Stew/ Kelewele</b> <b>Option 2: Boiled Egg w Beans Stew/ Diced Yam</b> <b>Option 3: Breaded Fish w Tomato Sauce/ Kelewele</b> <b>Option 4: Breaded Fish w Tomato Sauce/ Diced Yam</b> <b>Veg: Sauteed Spinach</b> <b>Dessert: Pancake Or Fruit Salad</b>	
06/03/2019	WEDNESDAY	<b>HOLIDAY</b>	
07/03/2019	THURSDAY	<b>Option 1: Beef Stew W Vegetables/ Jollof Rice</b> <b>Option 2: Beef Stew W Vegetables/ Kaffa</b> <b>Option 3: Grilled Chicken W Tomato Sauce/ Jollof Rice</b> <b>Option 4: Grilled Chicken W Tomato Sauce/ Kaffa</b> <b>Veg: Sauteed Mixed Vegetables</b> <b>Dessert: Sliced Fruit Or Corn Cake</b>	
08/03/2019	FRIDAY	<b>Option 1: Beef Kebab/ Yam Chips W Curry</b> <b>Option 2: Fish Fingers/ Fried Platain</b> <b>Veg: Sauteed Carrots</b> <b>Dessert: Fruit salad Or Peanut Cake</b>	
11/03/2019	MONDAY	<b>Option 1: Grilled Beef W BBQ Sauce/ Tumeric Rice</b> <b>Option 2: Chicken Okro Stew/Banku</b> <b>Veg: Sauteed Diced Cauliflower</b> <b>Dessert: Sliced Watermelon Or Chocolate Muffin</b>	
12/03/2019	TUESDAY	<b>Option 1: Chicken Stew W Peas &amp; Carrots / Sauteed Farfale</b> <b>Option 2: Chicken Stew W Peas &amp; Carrots/ Jollof Rice</b> <b>Option 3: baked Fish W Mild Curry sauce/ Sauteed Farfale</b> <b>Option 3: baked Fish W Mild Curry sauce/ Jollof Rice</b> <b>Veg: Steamed Cut Beans</b> <b>Dessert: Sliced Fruit Or Yoghurt</b>	
13/03/2019	WEDNESDAY	<b>Option 1: Beef Lasagne/ Bread Rolls</b> <b>Option 2: Tuna Bolognese/ Spaghetti</b> <b>Veg: Butterd Zuchinni</b> <b>Dessert: Sliced Fruit Or Moka Cake</b>	
14/03/2019	THURSDAY	<b>Option 1: Roasted Chicken Thigh W Mustard sauce/ Fried Rice</b> <b>Option 2: Roasted Chicken Thigh W Mustard sauce/Baked Potato</b> <b>Option 3: Pan fried Fish W Herb Butter/ Fried Rice</b> <b>Option 3: Pan fried Fish W Herb Butter/ Baked Potato</b> <b>Veg: Sauteed carrots &amp; Parsley</b> <b>Dessert: Banana Or Vanilla Muffin</b>	
15/03/2019	FRIDAY	<b>Option 1: Margharita Pizza/ French Fries</b> <b>Option 2: Chicken Buger/Yam Chips</b> <b>Veg: Mixed vegetables</b> <b>Dessert: Chocolate Mousse Or Yoghurt</b>	
18/03/2019	MONDAY	<b>Option 1: Grilled Chicken Thigh W Tomato Sauce/ Spaghetti</b> <b>Option 2: Beef Palmnut Soup/ Rice Balls</b> <b>Veg: Sauteed Broccoli</b> <b>Dessert: Apple Or Chocolate Profiterol</b>	
19/03/2019	TUESDAY	<b>Option 1: Shredded Beef Sauce/ Spanish Rice</b> <b>Option 2: Shredded Beef Sauce/ Roasted Potato</b> <b>Option 3: Chicken Curry/ Spanish Rice</b> <b>Option 4: Chicken Curry/ Roasted Potato</b> <b>Veg: Mixed Veg</b> <b>Dessert: Banana Or Coconut Cake</b>	

20/03/2019	WEDNESDAY	<b>Option 1: Chicken Blanquette W Mushroom/ Steamed Rice</b> <b>Option 2: Chicken Blanquette W Mushroom/ Sauteed Penne Pasta</b> <b>Option 3: Beef Navarin/ Sauteed Penne Pasta</b> <b>Option 4: Beef Navarin/Steamed Rice</b> <b>Veg: Vegetable Ratatouille</b> <b>Dessert: Pineapple Tart Or Yoghurt</b>	
21/02/2019	THURSDAY	<b>Option 1: Chicken W Coloured Pepper &amp; Olives/ Sauteed Potato</b> <b>Option 2: Shredded Beef Sauce/Jollof Rice</b> <b>Option 3: Shredded Beef Sauce/ Sauteed Potato</b> <b>Veg: Vegetable Ratatouille</b> <b>Dessert: Fruit Salad Or Orange Tart</b>	
22/03/2019	FRIDAY	<b>Option 1: Chicken Nuggets/ French Fries</b> <b>Option 2: Chicken Nuggets/Kelewele</b> <b>Option 3: Fish Finger/ French Fries</b> <b>Option 4: Fish Finger/Kelewele</b> <b>Veg: Grilled Vegetable</b> <b>Dessert: Apple Crumble Or Yoghurt</b>	

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	Plain Croissant (100gr)
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**"Thank You"**