

Student's Name: Grade:

SCHOOL MENU SEPTEMBER (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)
04/09/2018	TUESDAY	Option 1: Chicken in Mashroom Sauce/ Steamed Rice Option 2: Chicken in Mashroom Sauce/ Steamed Rice Option 3: Beef Okro Stew/ Banku Option 4: Beef Okro Stew/ Steamed Rice Veg: Sauteed mixed Vegetables Dessert: Diced Fruits Or Pancake	
05/09/2018	WEDNESDAY	Option 1: Chicken Tajine w Olives & Potato/ Spanish Rice Option 2: Chicken Tajine w Olives & Potato/ Sauteed Spaghetti Option 3: Roasted Fish w Charmilah Sauce/ Spanish Rice Option 4: Roasted Fish w Charmilah Sauce/ Sauteed Spaghetti Veg: Pencil Cut Carrots W Parsley Dessert: Diced Fruits Or Orange & Cinamon Tart	
06/09/2018	THURSDAY	Option 1: Mild Beef Curry w Peas & Carrots/ Jollof Rice Option 2: Mild Beef Curry w Peas & Carrots/ Stir Fried Noodle Option 3: Baked Fish w Palava Sauce/ Jollof Rice Option 4: Baked Fish w Palava Sauce/ Jollof Rice Veg: Sauteed Zuchinni Dessert: Brownies Or Yoghurt	
07/09/2018	FRIDAY	Option 1: Chicken & Pineapple Pizza/ Roasted Potato Wedges Option 2: Beef Burger/ Roasted Potato Wedges Veg: Sauteed Carrots Dessert: Cut Water Melon Or Chocolate Muffins	
10/09/2018	MONDAY	Option 1: Beef Lasagna/ Braed Rolls Option 2: Beef Lasagna/ Cantonese Rice Option 3: Egg & Garden Egg Stew/ Diced Yam Option 4: Egg & Garden Egg Stew/ Cantonese Rice Veg: Sauteed Peas Dessert: Rock Burns Or Fruit Salad	
11/09/2018	TUESDAY	Option 1: Chicken In Mushroom Sauce/ Sauteed Macaroni w Herbs Option 2: Chicken In Mushroom Sauce/Tumeric Rice Option 3: Pan Fried Fish in Tomato Sauce/ Sauteed Macaroni w Herbs Option 4: Pan Fried Fish in Tomato Sauce/Tumeric Rice Veg: Ratatouille Dessert: Vanilla Profiterol w Custard Or Fruit Salad	
12/09/2018	WEDNESDAY	Option 1: Milanesa w Tomato Sauce/ Spanish Rice Option 2: Milanesa w Tomato Sauce/ Sliced Sauteed Potato Option 3: Chicken Fajitas Stew/ Spanish Rice Option 4: Chicken Fajitas Stew/ Sliced Sauteed Potato Veg: Sauteed Zuchinni Dessert: Chocolate Cake Or Whole Fruit	
13/09/2018	THURSDAY	Option 1: Roasted Chicken BBQ Style/ Sauteed Pasta w Olives Option 2: Roasted Chicken BBQ Style/ Jollof Rice Option 3: Fish in Tumeric Cream / Sauteed Pasta w Olives Option 4: Fish in Tumeric Cream/ Jollof Rice Veg: Sauteed Carrots Dessert: Yoghurt Cake Or Fruit Salad	
14/09/2018	FRIDAY	Option 1: Beef Burger/ Fries w Paprika Option 2: Chicken Pie/ Fries w Paprika Veg: Creamy Spinach Dessert: Banana Or Brownie	
17/09/2018	MONDAY	Option 1: Beef Kafta in Tomato Stew/ Tumeric Rice Option 2: Chicken Lasagna/ Vegetables Option 3: Chicken Lasagna/ Tumeric Rice Veg: Sauteed Beans & Carrots Dessert: Fruits Or Chocolate Muffin	
18/09/2018	TUESDAY	Option 1: Chicken Garden Egg Stew/ Yam Chips Option 2: Fish Skewer w Tomato Stew/ Yam Chips Option 3: Fish Skewer w Tomato Stew/ Waakye Veg: Sauteed Broccoli & Carrots Dessert: Fruits Or Yoghurt	

19/09/2018	WEDNESDAY	Option 1: Chicken Alfredo/ Sauteed penne With Basil Option 2: Chicken Alfredo/ Baked Potato Wedges Option 3: Fish Marinara / Baked Potato Wedges Option 4: Fish Marinara / Sauteed penne With Basil Veg: Zuchinni & Eggplant Piccata Dessert: Sliced Fruits Or Pancake	
20/09/2018	THURSDAY	Option 1: Beef Palmnut Soup/ Rice Balls Option 2: Chicken in Vegetable Sauce/ Rice Balls Option 3: Chicken in Vegetable Sauce/ Sauteed Tagliatelle Veg: Sauteed Carrots & Peas Dessert: Sliced Fruits Or Yoghurt	
21/09/2018	FRIDAY	Option 1: Chicken Calzone Pizza/ French Fries Option 2: Toasted club Sandwich/ French Fries Veg: Sauteed Green Beans Dessert: Cut Water melon Or Chocolate Tart	
24/09/2018	MONDAY	Option 1: Grilled Chicken Thigh with Palava sauce/ Curry Rice Option 2: Grilled Chicken Thigh with Palava sauce/ Mashed Potato Option 3: Sliced Beef w Brown Sauce/ Curry Rice Option 4: Sliced Beef w Brown Sauce/ Mashed Potato Veg: Sauteed Broccoli & Carrots Dessert: Vanilla Muffin Or Whole Fruit	
25/09/2018	TUESDAY	Option 1: Beef Stew/ Fried Plantain Option 2: Beef Stew/ Waakye Option 3: Grilled Fish in Lemon Butter Sauce/ Fried Plantain Option 4: Grilled Fish in Lemon Butter Sauce/ Waakye Veg: Tossed Cauliflower Dessert: Fresh Fruit Salad Or Coconut Cake	
26/09/2018	WEDNESDAY	Option 1: Beef Burgandy w Vegetables/ Pilaf Rice Option 2: Beef Burgandy w Vegetables/ Sauteed Pasta W Tomato Option 3: Chicken in Nantua Sauce/ Pilaf Rice Option 4: Chicken in Nantua Sauce/ Sauteed Pasta Tomato Veg: Vegetable Tian Dessert: Yoghurt Or Fruit Salad	
27/09/2018	THURSDAY	Option 1: Chicken in Mushroom Sauce/Pasta Gratin Option 2: Chicken in Mushroom Sauce/Jollof Rice Option 3: Shredded Beef Sauce/Pasta Gratin Option 3: Shredded Beef Sauce/Jollof Rice Veg: Sauteed Zuchinni Dessert: Banana Cake Or Fruit Salad	
28/09/2018	FRIDAY	Option 1: Chicken Nuggets w Cocktail Sauce/ Staemed Rice Option 2: Chicken Nuggets w Cocktail Sauce/ Boiled Yam Option 3: Fish Garden Egg Stew/ Steamed Rice Option 4: Fish Garden Egg Stew/ Boiled Yame Veg: Sauteed Carrots & Peas Dessert: Pineapple Tart 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"