

Lunch Menu



November 13 – November 17

	Option 1	Option 2
Monday, Nov 13	<i>Rice with minced meat Yogurt or Stew Fruits</i>	<i>Hamburger Potato Fruits</i>
Tuesday, Nov 14	<i>Chicken Strips Potato Fruits</i>	<i>Waakye Fruits</i>
Wednesday, Nov 15	<i>Chicken Sub Sandwich</i>	<i>Mozzarella Club Sandwich</i>
Thursday, Nov 16	<i>Spaghetti Bolognese with minced meat Salad Fruits</i>	<i>Jollof Rice with cubed chicken Salad Fruits</i>
Friday, Nov 17	<i>Chicken Curry Plain rice Fruits</i>	<i>Oven Baked Kafta & Potato in tomato sauce Fruits</i>

Lunch Menu



November 20 – November 24

	Option 1	Option 2
Monday, Nov 20	<i>Chicken Stroganoff</i> <i>Plain Rice</i> <i>Fruits</i>	<i>Peas & Carrot in tomato sauce</i> <i>Rice with Vermicelli</i> <i>Fruits</i>
Tuesday, Nov 21	<i>Pizza</i> <i>Potato</i> <i>Fruits</i>	<i>Boiled Yam & Stew</i> <i>Fruits</i>
Wednesday, Nov 22	<i>Fajitas Sandwich</i>	<i>Cheese Avocado Sandwich</i>
Thursday, Nov 23	<i>Jollof Rice with cubed chicken</i> <i>Salad</i> <i>Fruits</i>	<i>Vegetable Noodles</i> <i>Salad</i> <i>Fruits</i>
Friday, Nov 24	<i>Chicken Burger</i> <i>Potato</i> <i>Fruits</i>	<i>Waakye</i> <i>Fruits</i>

Lunch Menu



November 27 – December 1

	Option 1	Option 2
Monday, Nov 27	<i>Vegetable Rice with cubed chicken Yogurt or Stew Fruits</i>	<i>Chicken Strips Potato Fruits</i>
Tuesday, Nov 28	<i>Hamburger Potato Fruits</i>	<i>Boiled Yam & Stew Fruits</i>
Wednesday, Nov 29	<i>Kafta Sandwich</i>	<i>Tuna Sandwich</i>
Thursday, Nov 30	<i>Beans in Tomato Sauce Rice with vermicelli Fruits</i>	<i>Jollof Rice with cubed chicken Salad Fruits</i>
Friday, Dec 1	<i>Penne Arrabiata Salad Fruits</i>	<i>Beef Stroganoff Plain rice Fruits</i>

Lunch Menu



December 4 – December 8

	Option 1	Option 2
Monday, Dec 4	<i>Chicken Curry</i> <i>Plain Rice</i> <i>Fruits</i>	<i>Waakye</i> <i>Fruits</i>
Tuesday, Dec 5	<i>Rice with minced meat</i> <i>Yogurt / Stew</i> <i>Fruits</i>	<i>Chicken Strips</i> <i>Potato</i> <i>Fruits</i>
Wednesday, Dec 6	<i>Taouk Sandwich</i>	<i>Mozzarella Sandwich</i>
Thursday, Dec 7	<i>Spaghetti Bolognese with minced meat</i> <i>Salad</i> <i>Fruits</i>	<i>Jollof Rice with cubed chicken</i> <i>Salad</i> <i>Fruits</i>
Friday, Dec 8	<i>Chicken Burger</i> <i>Potato</i> <i>Fruits</i>	<i>Oven Baked Kafta & Potato in tomato sauce</i> <i>Fruits</i>

Lunch Menu



December 11 – December 15

	Option 1	Option 2
Monday, Dec 11	<i>Chicken Stroganoff</i> <i>Plain Rice</i> <i>Fruits</i>	<i>Waakye</i> <i>Fruits</i>
Tuesday, Dec 12	<i>Hamburger</i> <i>Potato</i> <i>Salad</i>	<i>Boiled Yam & Stew</i> <i>Fruits</i>
Wednesday, Dec 13	<i>Chicken Sub Sandwich</i>	<i>Cheese Avocado Sandwich</i>
Thursday, Dec 14	<i>Pizza</i> <i>Potato</i> <i>Salad</i>	<i>Jollof Rice with cubed chicken</i> <i>Salad</i> <i>Fruits</i>
Friday, Dec 15	<i>Minced meat, mushroom & cubed potato</i> <i>Rice with vermicelli</i> <i>Fruits</i>	<i>Spaghetti Bolognese with minced meat</i> <i>Salad</i> <i>Fruits</i>

Breakfast Menu



	Option 1
Monday, Nov 13	Croissant Cheese
Tuesday, Nov 14	Cheese club Sandwich
Wednesday, Nov 15	Pizza
Thursday, Nov 16	Croissant Chocolate
Friday, Nov 17	Egg Sandwich

	Option 1
Monday, Nov 20	Croissant Zaatar
Tuesday, Nov 21	Croissant Chocolate
Wednesday, Nov 22	Cheese club sandwich
Thursday, Nov 23	Egg Sandwich
Friday, Nov 24	Croissant Cheese

Breakfast Menu



	Option 1
Monday, Nov 27	Croissant Cheese
Tuesday, Nov 28	Cheese club Sandwich
Wednesday, Nov 29	Pizza
Thursday, Nov 30	Croissant Chocolate
Friday, Dec 1	Egg Sandwich

	Option 1
Monday, Dec 4	Croissant Zaatar
Tuesday, Dec 5	Croissant Chocolate
Wednesday, Dec 6	Cheese club sandwich
Thursday, Dec 7	Egg Sandwich
Friday, Dec 8	Croissant Cheese

Breakfast Menu



	Option 1
Monday, Dec 11	Croissant Cheese
Tuesday, Dec 12	Cheese club Sandwich
Wednesday, Dec 13	Pizza
Thursday, Dec 14	Croissant Chocolate
Friday, Dec 15	Egg Sandwich