

May Zest Menu

Date	Day	Option 1	Option 2
DATE	DAYS	OPTION 1	OPTION 2
5/1/2017	MONDAY	OFF	OFF
5/2/2017	TUESDAY	Waakye / Eggs	Jollof With Chicken
5/3/2017	WEDNESDAY	Sandwich	Sandwich
5/4/2017	THURSDAY	Chicken Burger + Chips	Spaghetti Bolognaise
5/5/2017	FRIDAY	Palava Sauce + Yam	Chicken Wings Grills + Chips
5/6/2017	SATURDAY	OFF	OFF
5/7/2017	SUNDAY	OFF	OFF
5/8/2017	MONDAY	Fried Rice/Chicken	Red Red / Plantain
5/9/2017	TUESDAY	Vegetable Stew / Rice	Baked Chicken + Potato Wedges
5/10/2017	WEDNESDAY	Sandwich	Sandwich
5/11/2017	THURSDAY	Chicken Curry / Rice	Beef Burger with Chips
5/12/2017	FRIDAY	Noodles /Veg/Eggs	Chicken pesto / Rice
5/13/2017	SATURDAY	OFF	OFF
5/14/2017	SUNDAY	OFF	OFF
5/15/2017	MONDAY	Beef Sauce / Rice	Chicken Escalop/Chips
5/16/2017	TUESDAY	Lasagna	Jollof With Chicken
5/17/2017	WEDNESDAY	Sandwich	Sandwich
5/18/2017	THURSDAY	Red Red / Plantain	Lebanese Mansaf / Yogurt
5/19/2017	FRIDAY	Chicken Wings Grills + Chips	Waakye / Eggs
5/20/2017	SATURDAY	OFF	OFF
5/21/2017	SUNDAY	OFF	OFF
5/22/2017	MONDAY	Fried Rice/Chicken	Palava Sauce + Yam
5/23/2017	TUESDAY	Oven Baked Kafta with Veg	Spaghetti Bolognaise
5/24/2017	WEDNESDAY	Sandwich	Sandwich
5/25/2017	THURSDAY	OFF	OFF
5/26/2017	FRIDAY	Oven Baked Chicken with Potato	Vegetable Stew with Rice
5/27/2017	SATURDAY	OFF	OFF
5/28/2017	SUNDAY	OFF	OFF
5/29/2017	MONDAY	Jollof With Chicken	Nowy au Gratin
5/30/2017	TUESDAY	Philadelphia / Chips	Meat Balls / Rice
5/31/2017	WEDNESDAY	Sandwich	Sandwich