


April Zest Menu



Date	Day	Option 1	Option 2
DATE	DAYS	OPTION 1	OPTION 2
4/1/2017	SATURDAY	OFF	OFF
4/2/2017	SUNDAY	OFF	OFF
4/3/2017	MONDAY	Chicken Burger + Chips	Spaghetti Bolognese
4/4/2017	TUESDAY	Palava Sauce + Yam	Meat Balls / Rice
4/5/2017	WEDNESDAY	Sandwich	Sandwich
4/6/2017	THURSDAY	Fried Rice/Grilled Chicken	Vegetable Stew / Rice
4/7/2017	FRIDAY	Chicken Curry / Rice	Noodles /Veg/Eggs
4/8/2017	SATURDAY	OFF	OFF
4/9/2017	SUNDAY	OFF	OFF
4/10/2017	MONDAY	Baked Chicken + Potato Wedges	Jollof Rice Beef
4/11/2017	TUESDAY	Beef Burger + Chips With Salad	Waakye / Eggs
4/12/2017	WEDNESDAY	Sandwich	Sandwich
4/13/2017	THURSDAY	Lebanese Mansaf / Yogurt	Red Red / Plantin
4/14/2017	FRIDAY	OFF	OFF
4/15/2017	SATURDAY	OFF	OFF
4/16/2017	SUNDAY	OFF	OFF

April Zest Menu



Date	Day	Option 1	Option 2
4/17/2017	MONDAY	OFF	OFF
4/18/2017	TUESDAY	Beef Stroganoff/Rice	Chicken Escalop
4/19/2017	WEDNESDAY	Sandwich	Sandwich
4/20/2017	THURSDAY	Chicken pesto / Rice	Palava Sauce + Yam
4/21/2017	FRIDAY	Fried Rice/Chicken	Spaghetti Bolognese
4/22/2017	SATURDAY	OFF	OFF
4/23/2017	SUNDAY	OFF	OFF
4/24/2017	MONDAY	Chicken Sauce / Rice	Noodles / Vegetable
4/25/2017	TUESDAY	Waakye / Eggs	Meat Balls / Rice
4/26/2017	WEDNESDAY	Sandwich	Sandwich
4/27/2017	THURSDAY	Lasagna	Vegetable Stew / Rice
4/28/2017	FRIDAY	Red Red / Plantin	Grilled Chicken Wings + Chips
4/29/2017	SATURDAY	OFF	OFF
4/30/2017	SUNDAY	OFF	OFF