

ZEST February Menu

meal plan			
DATE	Day	Option 1	Option 2
2/1/2017	Wednesday	Sandwich	Sandwich
2/2/2017	Thursday	Waakye with Egg	Spaghetti Bolognese
2/3/2017	Friday	Beef Burger & Chips	Chicken Sauce on Rice
2/6/2017	Monday	Sandwich	Sandwich
2/7/2017	Tuesday	Baked Chicken & Fried Rice	Lasagna
2/8/2017	Wednesday	Beef stroganoff	Spaghetti Bolognese
2/9/2017	Thursday	Chicken Burger & Chips	Red Red & Plantain
2/10/2017	Friday	Baked Chicken & Jolof Rice	Beef Stew on Rice
2/13/2017	Monday	Chicken Kabob & Fried Rice	Palava Sauce & Plantain
2/14/2017	Tuesday	Vegetable Stew & Rice	Beef stew on Jolof Rice
2/15/2017	Wednesday	Grilled Chicken & Yam	Beef Stew on Rice
2/16/2017	Thursday	Sandwich	Sandwich
2/17/2017	Friday	Beef Burger & Chips	Spaghetti Bolognese
2/20/2017	Monday	Italian Meatballs on Rice	Red Red & Plantain