

Student's Name: Grade:

SCHOOL MENU NOVEMBER (2018)

DATE	DAY	GHC 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)
01/11/2018	THURSDAY	Option 1: Beef Casserole/ Steamed Rice Option 2: Beef Casserole /Sauted Pasta Option 3: Chicken Palava sauce/ Steamed Rice Veg: Sauteed Mixed Vegetables Dessert: Fruit Salad Or Chocolate Sponge Cake	
02/11/2018	FRIDAY	Option 1: Chicken Nuggets/ French Fries Option 2: Chicken Nuggets/ Fried Rice Option 3: Beef Burger/ French Fries Veg: Sliced Carrots Dessert: Fruit Salad & Yoghurt	
05/11/2018	MONDAY	Option 1: Beef in Tomato Sauce/ Waakye Option 2: Beef in Tomato Sauce/Sauteed Pasta Option 3: Chicken Teriyaki/ Waakye Option 4: Chicken Teriyaki/ Sauteed Pasta Veg: Carrots & Parsley Dessert: Sliced Fruit Or Pancake	
06/11/2018	TUESDAY	Option 1: Chicken in Tomato Sauce/ Jollof Rice Option 2: Chicken in Tomato Sauce/ Macaroni w Herbs Option 3: Breaded Fish W Tarter Sauce/ Jollof Rice Option 4: Breaded Fish W Tarter Sauce/ Macaroni w Herbs Veg: Sauteed Zuchinni Dessert: Seasonal Fruit Salad Or Chocolate Profiterol	
07/11/2018	WEDNESDAY	Option 1: Mexican Shredded Beef/ Black Bean, Corn Yellow Rice Option 2: Mexican Shredded Beef/ Mexican Potato Option 3: Chicken Lollipop w Tomato Sauce/ Black Bean, Corn Yellow Rice Option 4: Chicken Lollipop w Tomato Sauce/ Mexican Potato Veg: Cut Beans Dessert: Chococolate Cake Or Fruit Salad	
08/11/2018	THURSDAY	Option 1: Chicken Okro Stew/ Banku Option 2: Shredded Beef Sauce/ Fruid Rice Veg: Buttered Carrots W Parsley Dessert: Coconut Cake Or Fruit Salad	
09/11/2018	FRIDAY	Option 1: Chicken Bureger/Fries Option 2: Beef Kebab/ Fries Option 3: Beef Kebab/ Jollof Rice Veg: Grilled Veg Dessert: Yoghurt Or Whole Fruit	
12/11/2018	MONDAY	Option 1: Grilled Beef W BBQ Sauce/ Mashed Potato Option 2: Grilled Beef W BBQ Sauce/ Tumeric Rice Option 3: Chicken Lollipop / Mashed Potato Option 4: Chicken Lollipop/ Tumeric Rice Veg: Sauteed Pumpkin W Carrots Dessert: Chocoolte Muffin Or Fruit Salad	
13/11/2018	TUESDAY	Option 1: Chicken Stew W Peas & Carrots/ Waakye Option 2: Chicken Stew W Peas & Carrots/ Parsley Potato Option 3: Shredded Beef in Tomato Sauce/ Waakye Option 4: Shredded Beef in Tomato Sauce/ Parsley Potato Veg: Cut Beans Dessert: Yoghurt Or Vanilla Cookies	
14/11/2018	WEDNESDAY	Option 1: Beef Lasagna/ Bread Rolls Option 2: Tuna Bolognese/ Spaghetti Veg: Sauteed Zuchinni Dessert: Fruits Or Moka cake	
15/11/2018	THURSDAY	Option 1: Breaded Chicken Strips/ Diced Yam Option 2: Breaded Chicken Strips/ Steamed Rice Option 3: Egg with Garden egg Stew/ Diced Yam Option 4: Egg with Garden egg Stew/ Steamed Rice Veg: Sauteed Spinach Dessert: Fruits Or Rock Burns	
16/11/2018	FRIDAY	Option 1: Margharita Pizza/ Roasted Potato Option 2: Chicken Nuggets w Tomato Sauce/ Vegetable Rice Option 3: Chicken Nuggets w Tomato Sauce/Roasted Potato Veg: Sauteed Cut Beans Dessert: Sliced Fruits Or Brownie	
19/11/2018	MONDAY	Option 1: Grilled Chicken Thigh w Mustard Sauce/ Spaghetti Option 2: Grilled Chicken Thigh w Mustard Sauce/ Boiled Ripe Plantain Option 3: Eggs with Beans Stew/ Boiled Ripe Plantain Veg: Sauteed Broccoli Dessert: Sliced Fruits Or Yoghurt	

Canteen Catering and Operation Services

20/11/2018	TUESDAY	Option 1: Mexican Meet Balls/ Tumeric Rice Option 2: Mexican Meet Balls/ Yam Chips Option 3: Grilled Fish w Palava Sauce/Tumeric Rice Option 4: Grilled Fish w Palava Sauce/ Yam Chips Veg: Sauteed Mixed Veg Dessert: FRuit Salad Or Coconut Cake	
21/11/2018	WEDNESDAY	Option 1: Beef W Mashroom Casserole/ Plain Rice Option 2: Beef W Mashroom Casserole/ French Fries Option 3: Breaded Chicken Breast W Brown sauce/Plain Rice Option 4: Breaded Chicken Breast W Brown sauce/ Potato Gratin Veg: Vegetable Tian Dessert: Fruit Salad Or Chocolate Profiterol	
22/11/2018	THURSDAY	Option 1: Chicken Blanquette/ Banku Option 2: Chicken Blanquette/ Steamed Rice Option 3: Beef Okro Stew/ Banku Option 4: Beef Okro Stew/ Steamed Rice Veg: Sauteed Spinach Dessert: Fresh Fruit Salad Or Banana Cake	
23/11/2018	FRIDAY	Option 1: Chicken & Cheese Panini/French Fries Option 2: Beef Kebab/ French Fries Option 3: Beef Kebab/ Tomato Rice Veg: Grilled Veg Dessert: Yoghurt Or Apple Crumble	
26/11/2018	MONDAY	Option 1: Beef Strogonov/ Plain Rice Option 2: Beef Strogonov/ Pasta w Tomato & Olives Option 3: Baked Fish W Palava Sauce/ Plain Rice Option 4: Baked Fish W Palava Sauce/ Pasta w Tomato & Olives Veg: Sauteed Carrots & Zuchinni Dessert: Fresh Fruit Salad Or Rock Buns	
27/11/2018	TUESDAY	Option 1: Mild Chicken Curry/ Boiled Rip Plantain Option 2: Mild Chicken Curry/ Tumeric Rice Option 3: Boiled Egg W Beans Stew/ Boiled Rip Plantain Option 4: Boiled Egg W Beans Stew/ Tumeric Rice Veg: Sauteed Spinach Dessert: Fresh Fruit Salad Or Pancake	
28/11/2018	WEDNESDAY	Parenting Talk (Snacks Only)	
29/11/2018	THURSDAY	Option 1: Beef Palmnut Soup/ Rice Balls Option 2: Chicken in Tomato Sauce/ Steamed Rice Option 3: Chicken in Tomato Sauce/ Rice Balls Veg: Sauteed Cut Beans W Carrots Dessert: Chocolate Cake Or Fruit Salad	
30/11/2018	FRIDAY	Option 1: Chicken Kebab/ Fried Yam Option 2: Chicken Kebab /Fried Rice Option 3: Hawaian Pizza/ Fried Yam Veg: Sauteed Zuchinni Dessert: Vanilla Muffins 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 ~~Yoghurt Cake~~

Plain Croissant (100gr)

"Thank You"