

Student's Name:..... Grade: .....

**SCHOOL MENU MARCH (2020)**

DATE	DAY	GHC 15.00(FOUNDATION 1&2 Yr), 16(PRIMARY 3-6 Yr) & 23(SECONDARY 7-13 Yr) (All Meals include Veg & Dessert)	SNACK (Select from snack menu)
02/03/2020	MONDAY	<b>Option 1: Creamy Chicken W Mushroom Sauce/ Steamed Rice</b> <b>Option 2: Beef Okro Stew/ Banku</b> <b>Option 3: Beef Okro Stew / Steamed Rice</b> <b>Veg: Sautéed Cauliflower</b> <b>Dessert: Yoghurt/ Chocolate Sponge Cake</b>	
03/03/2020	TUESDAY	<b>Option 1: Sliced Roast Beef Brown Sauce/ Spanich Rice</b> <b>Option 2: Sliced Roast Beef Brown Sauce/ Sautéed Potota W Onion</b> <b>Option 3: Chicken Kebab / Spanich Rice</b> <b>Option 4: Chicken Kebab/ Sautéed Potota W Onion</b> <b>Veg: Sautéed Spinash</b> <b>Dessert: Diced Watermelon/ Brownie</b>	
04/03/2020	WEDNESDAY	<b>Option 1: Shredded Chicken Sauce/ Curry Rice</b> <b>Option 2: Shredded Chicken Sauce/ Spaghetti</b> <b>Option 3: Beef Palava Sauce/ Curry Rice</b> <b>Option 4: Beef Palava Sauce/ Spaghetti</b> <b>Veg: Sautéed Carrots W Parsley</b> <b>Dessert: Vanilla Cake / Fruit Salad</b>	
05/03/2020	THURSDAY	<b>Option 1: Chicken W Tomato Gravy/ Jollof Rice</b> <b>Option 2: Chicken W Tomato Gravy/ Kelewele</b> <b>Option 3: Shredded Beef Sauce/ Jollof Rice</b> <b>Option 4: Shredded Beef Sauce/ Kelewele</b> <b>Veg: Sautéed Cut Beans</b> <b>Dessert: Chocolate Profiterole/ Sliced Fruits</b>	
06/03/2020	FRIDAY	<b>INDEPENDENCE DAY HOLIDAY</b>	
09/03/2020	MONDAY	<b>Option 1: Beef Bolognaise/ Spaghetti</b> <b>Option 2: Beef Bolognaise/ Fried Rice</b> <b>Option 3: Grilled Chicken Breast W Teriyaki Sauce/Spaghetti</b> <b>Option 4: Grilled Chicken Breast W Teriyaki Sauce/ Fried Rice</b> <b>Veg: Sautéed Zuchinni</b> <b>Dessert: Rock Buns/ Fruit Salad</b>	
10/03/2020	TUESDAY	<b>Option 1: Beef Lasagna/ Bread Rolls</b> <b>Option 2: Grilled Chicken Thigh/ Pilaf Rice</b> <b>Veg: Mixed Vegetables</b> <b>Dessert: Sliced Fruit / Yoghurt</b>	
11/03/2020	WEDNESDAY	<b>Option 1: Honey Chicken Wings/ Tumeric Rice</b> <b>Option 2: Honey Chicken Wings/ Mexican Potato Style</b> <b>Option 3: Beef Strogonov / Tumeric Rice</b> <b>Option 4: Beef Strogonov/ Mexican Potato Style</b> <b>Veg: Sautéed Cabbage &amp; Carrots</b> <b>Dessert: Apple Strudel/ Banana</b>	
12/03/2020	THURSDAY	<b>Option 1: Beef Stew/ Waakye</b> <b>Option 2: Beef Stew/ Tagliatelli</b> <b>Option 3: Sautéed Chicken Stew/ Waakye</b> <b>Option 4: Sautéed Chicken Stew/ Tagliatelli</b> <b>Veg: Sautéed Zuchinni W Tumeric</b> <b>Dessert: Vanilla Muffin / Sliced Fruit</b>	
13/03/2020	FRIDAY	<b>Option 1: Beef Burger/ French Fries w Curry</b> <b>Option 2: Chicken Nuggets/ French Fries W Curry</b> <b>Veg: Sautéed Broccoli</b> <b>Dessert: Yoghurt Cake / Whole Fruits</b>	
16/03/2020	MONDAY	<b>Option 1: Brown Beef Stew/ Spaghetti</b> <b>Option 2: Brown Beef Stew/ Tumeric Rice</b> <b>Option 3: Chicken W Mild Tomato Sauce/ Spaghetti</b> <b>Option 4: Chicken W Mild Tomato Sauce/ Tumeric Rice</b> <b>Veg: Sautéed Carrots</b> <b>Dessert: Vanilla Cake/ Sliced Fruits</b>	
17/03/2020	TUESDAY	<b>Option 1: Chicken Stew W Peas &amp; Carrots/ kelewele</b> <b>Option 2: Chicken Stew W Peas &amp; Carrots/ Sautéed Pasta</b> <b>Option 3: Egg W Beans Stew/ Kelewele</b> <b>Veg: Steamed Cut Beans</b> <b>Dessert: Cookies/ Banana</b>	

18/03/2020	WEDNESDAY	<b>Option 1: Beef Lasagna/ Bread Rolls</b> <b>Option 2: Tuna Bolognese/ Spaghetti</b> <b>Veg: Sauteed Broccoli</b> <b>Dessert: Moka Cake/ Sliced Fruits</b>	
19/03/2020	THURSDAY	<b>Option 1: Grilled Chicken Thigh w Mastard Sauce/ Fried Rice</b> <b>Option 2: Grilled Chicken Thigh w Mastard Sauce/ Fried Sweet Potato</b> <b>Option 3: Shredded Beef Sauce/ Fried Rice</b> <b>Option 4: Shredded Beef Sauce/ Fried Sweet Potato</b> <b>Veg: Sauteed Carrots</b> <b>Dessert: Pancake/ Fruits Salad</b>	
20/03/2020	FRIDAY	<b>Option 1: Margarita Pizza/ French Fries</b> <b>Option 2: Margarita Pizza/ Yam Chips</b> <b>Option 3: Chicken Burger/ French Fries</b> <b>Option 4: Chicken Burger/ Yam Chips</b> <b>Veg: Mixed Vegetables</b> <b>Dessert: Chocolate Mousse/ Apple</b>	
30/03/2020	MONDAY	<b>Option 1: Chicken Nuggets/ Spanish Rice</b> <b>Option 2: Chicken Nuggets/ Spaghetti</b> <b>Option 3: Beef Garden Egg Stew/ Spanish Rice</b> <b>Veg: Sauteed Cauliflower</b> <b>Dessert: Chocolate Profiterole/ Sliced Fruits</b>	
31/03/2020	TUESDAY	<b>Option 1: Shredded Beef Sauce/ Tumeric Rice</b> <b>Option 2: Chicken Okro Stew/ Banku</b> <b>Option 3: Chicken Okro Stew/ Tumeric Rice</b> <b>Veg: Sauteed Spinach</b> <b>Dessert: Yoghurt/ Banana</b>	

Parent Name: \_\_\_\_\_ French Fries

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	Plain Croissant (100gr)
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**"Thank You"**