

Student's Name: Grade:

SCHOOL MENU JANUARY (2019)

DATE	DAY	GH¢ 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)
14/01/2019	MONDAY	Option 1: Grilled Beef in BBQ Sauce/ Jollof Rice Option 2: Grilled Beef in BBQ Sauce /Stir Fried Noodles Option 3: Grilled Chicken in Tomato Sauce /Stir Fried Noodles Option 3: Grilled Chicken in Tomato Sauce /Jollof Rice Veg: Sauteed Broccoli Dessert: Apple Or Pancakes	
15/01/2019	TUESDAY	Option 1: Chicken Okro Stew/ Banku Option 2: Chicken Okro Stew/ Oriental Rice Option 3: Fish Mild Curry Sauce/ Banku Option 4: Fish Mild Curry Sauce/ Oriental Rice Veg: Steamed Cut Beans Dessert: Yoghurt & Fruit Salad	
16/01/2019	WEDNESDAY	Option 1: Beef Lasagna/ Bread Rolls Option 2: Tuna Bolognese Sauce/ Spaghetti Veg: Sauteed Zucchini Dessert: Seasonal Fruit Salad Or Moka Cake	
17/01/2019	THURSDAY	Option 1: Breaded Chicken Strip/ Curried Rice Option 2: Breaded Chicken Strip/ Roasted Potato Option 3: Fried Fish w Tomato Stew/ Curried Rice Option 4: Fried Fish w Tomato Stew/ Roasted Potato Veg: Sauteed Spinach Dessert: Sliced Fruit Or Rockbuns	
18/01/2019	FRIDAY	Option 1: Margarita Pizza/ French Fries Option 2: Grilled Chicken Drumstick/ French Fries Veg: Sauteed Cut Beans Dessert: Chocolate Mousse Or Yoghurt	
21/01/2019	MONDAY	Option 1: Grilled Chicken Thigh W Mustard Sauce/ Jollof Rice Option 2: Grilled Chicken Thigh W Mustard Sauce/Spaghetti Option 3: Bolognese Sauce/ Spaghetti Option 4: Bolognese Sauce/ Jollof Rice Veg: Sauteed Broccoli Dessert: Seasonal Fruit Salad Or Brownie	
22/01/2019	TUESDAY	Option 1: Shredded Beef Sauce/ Lebanese Rice Option 2: Shredded Beef Sauce/ Penne Pasta Option 3: Grilled Fish in Tomato Sauce/ Lebanese Rice Option 4: Grilled Fish in Tomato Sauce/ Penne Pasta Veg: Mixed Sauteed Vegetable Dessert: Coconut Cake Or Fruit Salad	
23/01/2019	WEDNESDAY	Option 1: Beef W Mushroom Casserole/ Plain Rice Option 2: Beef W Mushroom Casserole/ Potato Gratin Option 3: Breaded Chicken Breast /Plain Rice Option 4: Breaded Chicken Breast/ Potato Gratin Veg: Vegetable Tian Dessert: Chocolate Profiterol Or Fruit Salad	
24/01/2019	THURSDAY	Option 1: Chicken Blanquette/ Diced Yam Option 2: Chicken Blanquette/ Steamed Rice Option 3: Beef Palava Sauce /Diced Yam Option 4: Beef Palava Sauce/Steamed Rice Veg: Sauteed Cauliflower Dessert: Banana Cake Or Whole Fruit	
25/01/2019	FRIDAY	Option 1: Panini W Chicken & Cheese/ French Fries Option 2: Fish Nuggets / French Fries Veg: Grilled Vegetables Dessert: Pan Cake Or Yoghurt	

28/01/2019	MONDAY	Option 1: Beef Palmnut Soup/ Rice Balls Option 2: Chicken Kebab/ Pasta W Diced Olives Veg: Sauteed Carrots & Zucchini Dessert: Yoghurt Or Fruit Salad	
29/01/2019	TUESDAY	Option 1: Mild Chicken Curry, Mashed Potato Option 2: Mild Chicken Curry/ Tumeric Rice Option 3: Beef Stroganoff /Mashed Potato Option 4: Beef Stroganoff/Tumeric Rice Veg: Sauteed Spinach Dessert: Vanilla Muffin Or Whole Fruit	
30/01/2019	WEDNESDAY	Option 1: Stir Fried Chicken W Oyster Sauce / Cantonese Rice Option 2: Stir Fried Chicken W Oyster Sauce / Boiled Potato Option 3: Beef Garden Egg Stew/ Cantonese Rice Option 4: Beef Garden Egg Stew/ Boiled Potato Veg: Veg Chop Soy Dessert: Fruit Salad Or Banana Cake	
31/01/2019	THURSDAY	Option 1: Beef Balls in Tomato Sauce / Spaghetti W Herbs Option 2: Beef Balls in Tomato Sauce / Jollof Rice Option 3: Roasted Chicken in Tomato Sauce / Spaghetti W Herbs Option 4: Roasted Chicken in Tomato Sauce / Jollof Rice Veg: Sauteed Beans and Corrot Dessert: Whole Fruit Or Yoghurt	

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	Plain Croissant (100gr)
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"Thank You"