

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

SCHOOL MENU AUGUST (2019)

DATE	DAY	GHC 14.00(FOUNDATION 1&2 Yr, 15(PRIMARY 3-6 Yr) & 21(SECONDARY 7-13 Yr) (All Meals include Veg & Dessert)	SNACK (Select from snack menu)
14/08/2019	WEDNESDAY	Option 1: Mexican Shredded Beef/ Mexican Potato Style Option 2: Mexican Shredded Beef/BlackBean, Corn Yellow Rice Option 3: Pan Fried Fish W Tomato & lemon Sauce/ Mexican Potato Style Option 4: Pan Fried Fish W Tomato & lemon Sauce/ BlackBean, Corn Yellow Rice Veg: Diced Zucchini W Green Pepper Dessert: Diced Pineapple Salad Or Chocolate Cake	
15/08/2019	THURSDAY	Option 1: Grilled Chicken W Tomato Sauce/Veg Fried Rice Option 2: Grilled Chicken W Tomato Sauce/Shredded Beef Sauce Option 3: Shredded Beef Sauce/Veg Fried Rice Option 4: Shredded Beef Sauce/Shredded Beef Sauce Veg: Sautéed Carrots W Peas Dessert: Fruits Salad Or Coconut Cake	
16/08/2019	FRIDAY	Option 1: Chicken Burger/ Fries Flavoured W Paprika Option 2: Chicken Skewer w Tomato Sauce/Jollof Rice Option 3: Chicken Skewer w Tomato Sauce/Fries Flavoured W Paprika Veg: Sautéed Spinach Dessert: Yoghurt Or Brownie	
19/08/2019	MONDAY	Option 1: Beef Provencal/ Mashed Potato Option 2: Beef Provencal/ Tumeric Rice Option 3: Fish Skewer w Mild Tomato Sauce/ Mashed Potato Option 4: Fish Skewer w Mild Tomato Sauce/ Tumeric Rice Veg: Sautéed Carrots Dessert: Chocolate Muffin Or Cut Melon	
20/08/2019	TUESDAY	Option 1: Beef Stew/ Waakye Option 2: Beef Stew/Noodles Option 3: Chicken Stew W Peas & Carrots/ Waakye Option 4: Chicken Stew W Peas & Carrots/ Noodles Veg: Steamed Cut Beans Dessert: Yoghurt Or Vanilla Cookies	
21/08/2019	WEDNESDAY	Option 1: Tuna Bolognese/ Spaghetti Option 2: Beef Lasagna/Bread Rolls Veg: Sautéed Carrots Dessert: Fruit Salad Or Mocha Gateau	
22/08/2019	THURSDAY	Option 1: Chicken Strips W Tomato Sauce/ Steamed Rice Option 2: Beef Okro Stew/Banku Option 3: Beef Okro Stew/ Steamed Rice Veg: Sautéed Broccoli Dessert: Seasonal Fruits Or Rock Buns	
23/08/2019	FRIDAY	Option 1: Margharita Pizza/ Roasted Potato Wedges Option 2: Chicken Nuggets W Tomato Sauce/Vegetable Rice Veg: Sautéed Cut Beans Dessert: Yoghurt Or Brownies	
26/08/2019	MONDAY	Option 1: Chicken W Mustard Sauce/ Spaghetti Option 2: Chicken W Tomato Sauce/Waakye Option 3: Beef Stew/ Spaghetti Option 4: Beef Stew/ Waakye Veg: Sautéed Broccoli Dessert: Yoghurt Or Maize Pudding	
27/08/2019	TUESDAY	Option 1: Mexican Meat Balls/ Jollof Rice Option 2: Mexican Meat Balls/Sautéed Pasta Option 3: Grilled Fish W Lemon Butter Sauce/ Jollof Rice Option 4: Grilled Fish W Lemon Butter Sauce/ Sautéed Pasta Veg: Mixed Sautéed Vegetables Dessert: Coconut Cake Or Fruit Salad	
28/08/2019	WEDNESDAY	Option 1: Beef W Mushroom Sauce/ Steamed Rice Option 2: Beef W Mushroom Sauce/Potato Gratin Option 3: Chicken Strips W Brown sauce/ Steamed Rice Option 4: Chicken Strips W Brown sauce/ Potato Gratin Veg: Vegetable Tian Dessert: Chocolate Profiterol Or Yoghurt	
29/08/2019	THURSDAY	Option 1: Chicken A La Basquatte/ Sautéed Taglitelle Option 2: Chicken A La Basquatte/Spanish Rice Option 3: Beef Strogonoff/ Sautéed Taglitelle Option 4: Beef Strogonoff/ Spanish Rice Veg: Sautéed Spanish Dessert: Banana Cake Or Fruit Salad	
30/08/2019	FRIDAY	Option 1: Panini W Turkey & Cheese / French Fries Option 2: Panini W Turkey & Cheese / Tomato Rice Option 3: Fish Fingers/ French Fries Option 4: Fish Fingers/ Tomato Rice Veg: Grilled Vegetables Dessert: Apple Crumble 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"