

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

SCHOOL MENU JANUARY (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)
13/01/2019	MONDAY	Option 1: Beef Casserole/ Jollof Rice Option 2: Beef Casserole/ Sauteed Pasta Option 3: Grilled chicken Thigh/Jollof Rice Option 4: Grilled chicken Thigh/Sauteed Pasta Veg: Sauteed Spinach Dessert: Sliced Fruit / Yoghurt	
14/01/2019	TUESDAY	Option 1: Roast Beef W Brown Sauce/ Curry rice Option 2: Roast Beef W Brown Sauce/ Option 3: Chicken Palava Sauce/ Curry rice Veg: Sauteed Broccoli Dessert: Brownie W Cereal/ Diced Watermelon	
15/01/2019	WEDNESDAY	Option 1: Chicken Stew/ Bulghour Option 2: Chicken Stew/ Sauteed Potato & Onion Option 3: Roast Turkey Wings/ Bulghour Option 4: Roast Turkey Wings/ Sauteed Potato & Onion Veg: Sauteed Sliced Carrots W Parsley Dessert: Moroccan Lemon Cake / Diced Fruits	
16/01/2019	THURSDAY	Option 1: Grilled Chicken Thigh/ Jollof Rice Option 2: Grilled Chicken Thigh/ Sauteed Pasta Option 3: Beef Casserole/ Jollof Rice Option 4: Beef Casserole/ Sauteed Pasta Veg: Sauteed Cauliflower Dessert: Chocolate Sponge Cake/ Sliced Fruits	
20/01/2019	FRIDAY	Option 1: Chicken Nuggets/ Fried Yam Option 2: Chicken Nuggets/ Fried Rice Option 3: Beef Burger/ Fried Yam Veg: Sauteed Zucchini Dessert: Coconut Cake / Banana	
20/01/2019	MONDAY	Option 1: Beef Stew/ Waakye Option 2: Beef Stew/ Spaghetti Option 3: Sliced Chicken Breast W Brown Sauce/ Spaghetti Veg: Sauteed Cauliflower Dessert: Chocolate Pudding/ Fruit Salad	
21/01/2019	TUESDAY	Option 1: Chicken W Peas and Carrots/ Turmeric Rice Option 2: Chicken Stew W Peas and Carrots/ Parsley Potato Option 3: Beef Garden Egg Stew / Turmeric Rice Option 4: Beef Garden Egg Stew/Parsley Potato Veg: Sauteed Cut Beans Dessert: Vanilla Cookies/ Fruit Salad	
22/01/2019	WEDNESDAY	Option 1: Beef Lasagne/ Bread Rolls Option 2: Tuna Bolognaise/ Spaghetti Veg: Sauteed Zucchini Dessert: Moka Cake/ Fruit Salad	
23/01/2019	THURSDAY	Option 1: Breaded Chicken Strips w Tomato Sauce/ Steamed Rice Option 2: Beef Okro Stew/ Banku Option 3: Beef Okro Stew/ Steamed Rice Veg: Sauteed Spinach Dessert: Rockburns / Sliced Fruit	
24/01/2019	FRIDAY	Option 1: Margarita Pizza/ French Fries Option 2: Chicken Kebab/ French Fries Veg: Sauteed Peas Dessert: Pancake / Yoghurt	

Canteen Catering and Operation Services

27/01/2019	MONDAY	Option 1: Grilled Chicken Thigh W Mustard Sauce/ Spaghetti Option 2: Grilled Chicken Thigh W Mustard Sauce/ Curry Rice Option 3: Beef Bolognese/ Spaghetti Option 4: Beef Bolognese/ Curry Rice Veg: Sauteed Broccoli Dessert: Muffin W Cereal Cake/ Banana	
28/01/2019	TUESDAY	Option 1: Mexican Meat Balls/ Steamed Rice Option 2: Mexican Meat Balls/ Non- Spicy Kelewele Option 3: Boiled Egg W Beans Stew / Steamed Rice Option 4: Boiled Egg W Beans Stew/ Non- Spicy Kelewele Veg: Sauteed Spinach Dessert: Coconut Cake / Sliced Fruit	
29/01/2019	WEDNESDAY	Option 1: Beef W Mushroom Casserole/ Steamed Rice Option 2: Beef W Mushroom Casserole/ Potato Gratine Option 3: Chicken Breast W Brown Sauce/ Steamed Rice Option 4: Chicken Breast W Brown Sauce/ Potato Gratine Veg: Vegetable Tian Dessert: Chocolate Profiterol /Seasonal Fruit	
30/01/2019	THURSDAY	Option 1: Chicken Blanquette/ Jollof Rice Option 2: Chicken Blanquette / Sauteed Taglitelle Option 3: Beef Stroganov/ Jollof Rice Option 4: Beef Stroganov/ Sauteed Taglitelle Veg: Sauteed Carrots Dessert: Banana Cake /Seasonal Fruit	
31/01/2019	FRIDAY	Option 1: Panini W Ham & Cheese/ French Fries Option 2: Chicken Nuggets/ French Fries Veg: Sauteed Cut Beans Dessert: Brownie / Yoghurt	

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"