

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

SCHOOL MENU OCTOBER (2019)

DATE	DAY	GH¢ 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)
01/10/2019	TUESDAY	Option 1: Mild Chicken Curry/ Sauteed Spaghetti Option 2: Mild Chicken Curry/Tumeric Rice Option 3: Beef Strogonov/ Sauteed Spaghetti Option 4: Beef Strogonov/ Tumeric Rice Veg: Sauteed Spinach Dessert: Orange Wedges Or Pancake	
02/10/2019	WEDNESDAY	Option 1: Stir Fried Chicken W Oyster Sauce/Cantonese Rice Option 2: Stir Fried Chicken W Oyster Sauce/Parsley Sweet Potato Option 3: Beef Kebab W Sweet & Sour sauce/Cantonese Rice Option 4: Beef Kebab W Sweet & Sour sauce/Parsley Sweet Potato Veg: Vegetable Chop Soy Dessert: Fruits Salad Or Coconut & Raisin Cake	
03/10/2019	THURSDAY	Option 1: Meat Balls W Tomato Sauce/ Spaghatti W Herbs Option 2: Meat Balls W Tomato Sauce/ Tumeric Rice Option 3: Chicken Yassa Sauce/Spaghatti W Herbs Option 4: Chicken Yassa Sauce/Tumeric Rice Veg: Sauteed Peas W Carrots Dessert: Banana Or Vanilla Muffin	
04/10/2019	FRIDAY	Option 1: Chicken Popcorn/ French Fries Option 2: Chicken Popcorn/Fried Rice Option 3: Margharitta Pizza/ French Fries Veg: Sauteed Diced Zucchini Dessert: Moroccan Lemon Cake Or Fruit Salad	
07/10/2019	MONDAY	Option 1: Grilled Chicken W Tomato Sauce/ Spanish Rice Option 2: Beef Lasagna/Bread Rolls Veg: Mixed Vegetables Dessert: Yoghurt Or Fruit Salad	
08/10/2019	TUESDAY	Option 1: Sliced Beef W Brown Sauce/ Jollof Rice Option 2: Sliced Beef W Brown Sauce/Sauteed Potato W Onion Option 3: Shredded Chicken Style/ Jollof Rice Option 4: Shredded Chicken Style/ Sauteed Potato W Onion Veg: Sliced Rosted Vegetable Dessert: Diced Watermelon Or Pancake	
09/10/2019	WEDNESDAY	Option 1: Chicken Tajine W Olives/ Steamed Rice Option 2: Chicken Tajine W Olives/Boulghour Option 3: Roasted Beef W Brown Sauce/ Steamed Rice Option 4: Roasted Beef W Brown Sauce/ Boulghour Veg: Sauteed Carrot W Parsley Dessert: Fruit Salad Or Brownie	
10/10/2019	THURSDAY	Option 1: Beef Casserole/ Steamed Rice Option 2: Beef Casserole/Sauteed Pasta Option 3: Chicken W Palava Sauce/ Steamed Rice Veg: Roasted Vegetables Dessert: Fruit Salad Or Chocolate Sponge Cake	
11/10/2019	FRIDAY	Option 1: Chicken Nuggets/ Kelewele Option 2: Chicken Nuggets/Fried Rice Option 3: Beef Pizza/ Kelewele Veg: Roast Vegetable Dessert: Chocolate Cake Or Fruit Salad	
14/10/2019 TO 18/10/2019	MONDAY	School Break	
21/10/2019	MONDAY	Option 1: Grilled Chicken Mustard Sauce/ Spaghetti Option 2: Grilled Chicken Mustard Sauce/Yam Chips Option 3: Beef Bolognaise/ Spaghetti Option 4: Beef Bolognaise/ Yam Chips Veg: Sauteed Broccoli Dessert: Banana Or Pancake	

22/10/2019	TUESDAY	Option 1: Mexican Meet Balls/ Jollof Rice Option 2: Mexican Meet Balls/Sauteed Pasta Option 3: Chicken Kebab W Tomato Sauce/ Jollof Rice Option 4: Chicken Kebab W Tomato Sauce/ Sauteed Pasta Veg: Sauteed Mixed Vegetables Dessert: Chocolate Cake Or Fruit Salad	
23/10/2019	WEDNESDAY	Option 1: Beef W Mushroom Casserole/ Steamed Rice Option 2: Beef W Mushroom Casserole/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 Sliced Fruits	
24/10/2019	THURSDAY	Option 1: Chicken Blanquette/ Sauteed Tagliatelle Option 2: Beef Palmnut Soup/Rice Balls Veg: Sauteed Spinach Dessert: Fruit Salad Or Banana Cake	
25/10/2019	FRIDAY	Option 1: Panini W Turkey Ham & Cheese/ Fries Option 2: Chicken Nuggets/Jollof Rice Option 3: Chicken Nuggets/ Fries Veg: Grilled Vegetables Dessert: Vanilla Muffin Or Sliced Fruits	
28/10/2019	MONDAY	Option 1: Beef Strogonov/ Egg Fried Rice Option 2: Beef Strogonov/Pasta W Diced Tomato Option 3: Grilled Chicken Thigh/ Egg Fried Rice Option 4: Grilled Chicken Thigh/Pasta W Diced Tomato Veg: Sauteed Carrots Dessert: Moka Cake Or Fruit Salad	
29/10/2019	TUESDAY	Option 1: Grilled Turkey Wings/ Jollof Rice Option 2: Grilled Turkey Wings/Potato Gratin Option 3: Beef Kebab/ Jollof Rice Option 4: Beef Kebab/ Potato Gratin Veg: Sauteed Spinach Dessert: Orange Wedges Or Yoghurt	
30/10/2019	WEDNESDAY	Option 1: Stir Chicken W Oyster Sauce/ Cantonese Rice Option 2: Stir Chicken W Oyster Sauce/Spaghetti W Vegetables Option 3: Turkey Wings W Sweet & Sour Sauce/ Cantonese Rice Option 4: Turkey Wings W Sweet & Sour Sauce/ Spaghetti W Vegetables Veg: Vegetable Chop Soy Dessert: Coconut & Raisin Cake Or Fruit Salad	
31/10/2019	THURSDAY	Option 1: Beef Meat Ball W Tomato Sauce/ Diced Yam Option 2: Beef Meat Ball W Tomato Sauce/Tumeric Rice Option 3: Chicken Garden Egg Stew/ Diced Yam Option 4: Chicken Garden Egg Stew/ Tumeric Rice Veg: Sauteed Cut Beans W Carrots Dessert: Pancake 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	Plain Croissant (100gr)
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"Thank You"