

LUNCH MENU - WEEK TWO

Cycle 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NATIONAL	Asaro (sweet potato and yam) and chili fish. Semo or eba with efo/ Egusi	Semo or wheat served with okro/ Banga + stewed chicken/beef/fish	white rice and stew. Amala served with ewedu and gbegiri, chicken/fish/ beef. Eba and Efiriro	Farm house. Eba or wheat with Egusi / otong soup	Jollof rice served with chicken/fish/ beef, Semo with efo/ oha
FOOD OF THE WORLD	Fried rice served with chicken/fish /beef	Spaghetti in tomato sauce (Spaghetti jollof) served with barbeque chicken	Fluffy rice and curry sauce or stew	sauteed potatoes and crispy chicken	Jollof rice served with chicken/fish/ beef
SALAD	Side salad	Side salad	Side salad/Dodo	steamed vegetable	Side salad/ Dodo
DESSERT	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit