

## BREAKFAST MENU - WEEK TWO

Cycle 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CEREAL	Corn flakes	coco pops	rice krispies	golden morn	rice krispies	corn meal (porridge)	corn flakes
HOT BREAKFAST	sunny side up egg, pancake, breakfast sausage, sliced bread or bread rolls, baked beans, Hot chocolate	sandwiches, breakfast sausage, sliced bread or bread rolls, baked beans, scrambled egg, Hot chocolate	Egg burger, waffles, breakfast sausage, sliced bread or bread rolls, baked beans, Hot chocolate	Boiled egg, pancake, breakfast sausage, sliced bread or bread rolls, baked beans, Hot chocolate	Sauteed potatoes, english scrambled eggs, breakfast sausage, sliced bread or bread rolls, baked beans, Hot chocolate	Pancake, breakfast sausage, sliced bread or bread rolls, baked beans, scrambled eggs, Hot chocolate	sandwiches, pancake, breakfast sausage, sliced bread or bread rolls, baked beans, scrambled egg, Hot chocolate

## LUNCH MENU - WEEK TWO

Cycle 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>NATIONAL</b>	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	Poundo yam with egusi and chicken	Party jollof rice,
<b>FOOD OF THE WORLD</b>	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	Oriental lunch	French fries with baked kentucky chicken
<b>DESSERT</b>	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
<b>HOT BREAKFAST</b>	Snack + Drink	Snack + Water	Snack + Drink	Snack + Water	Snack + Drink	Snack + Water	Snack + Drink

## DINNER MENU - WEEK TWO

DINNER MENU - WEEK TWO							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>NATIONAL</b>	Eba or wheat with Egusi / otong soup	Boiled yam and egg sauce	Chicken pepper soup with bread rolls	Beef pieces with Yam pottage & sauteed spinach	Fried sweet potatoes with spinach sauce and fish	Yam piccata	chef,s night
<b>FOOD OF THE WORLD</b>	French fries with baked kentucky chicken	coconut rice and chicken	Chicken and sausage pizza/ minced meat	Grilled chicken with waffles	Beef and irish potato hotpot	singapore noodles served with shredded chicken	Chef,s night
	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Yoghurt	Yoghurt