

GRANGE SCHOOL MENU- LUNCH

WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Steamed White Rice/Plain Beans/Plantain	Spaghetti stir fry/ Spaghetti jollof/ Coleslaw/Dodo	Fried Rice/ Couscous/ Dodo/ Salad	Sauteed Potatoes/ Native Rice/ Plantain	Jollof Rice /Dodo/Moin moin	Waakye/ Spaghetti bolognese/ Coleslaw	Jollof Rice/ Dodo/ Moin Moin
Asaro/ Sauteed Spinach	Agoyin Beans/ Bread/ Yam	Sweet Potatoes Pottage				BBQ Chicken/ Peppered Chicken/Peppered Fish/Assorted Beef Stew
Peppered Chicken/Peppered Fish/Assorted Beef Stew/ Boiled Egg	Chicken Kebab/Sweet Chili Meat balls/Peppered Fish/Assorted Beef Stew	Grilled Chicken/ Chicken Lolipop/ Peppered Fish	Crispy Chicken/ Peppered Chicken/Peppered Fish/Assorted Beef	Peppered Chicken/Peppered Fish/Assorted Beef Stew/ Boiled Egg	Peppered Chicken/Peppered Fish/Assorted Beef Stew/ Boiled Egg	Ogbono/ Edikaikong Soup served with Semo
Ewedu & Gbegiri/ Eforiro Soup/ Amala/ Eba	Egusi/ Okro Soup served with Eba/ Semo	Eforiro/ Ogbono Soup served with Eba/ Wheat	Edikaikong Soup/Egusi served with Eba/ Semo	Ewedu & Gbegiri/ Eforiro Soup served with Amala/ Eba	Eforiro/ Ewedu & Gbegiri Soup served with Eba/ Amala	Spaghetti stir fry/ Yam Pottage
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Dessert						
sweet/fruits	sweets/ fruits	sweet/ fruits	Sweets/fruits	Sweets/fruit	Sweets/fruits	Sweets/fruits
Pm snack						
Sausage roll + drink	Meat pie +drink	Cookies + drink	Donuts + drink	Popcorn + drink	Spring roll & puff puff + drink	Muffins + drinks

GRANGE SCHOOL MENU- LUNCH

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Oriental Rice/ Spicy Rice/ Coleslaw	White Rice & Ofada Stew/ Moin Moin/ White Beans	Jollof Rice/Macaroni Moin Moin/ Salad	Coconut Rice/ Spaghetti/ White Rice & Stew with Moin Moin/ Salad	Jollof Rice/Waakey with Moin Moin/ Salad	White Rice & Beans/ Native Rice	Jollof Rice/ White Rice & Beans with Salad
Agoyin Beans with Bread/ Yam	Yam Pottage	Porridge Beans with Yam/ Bread	Garden-Egg Sauce with Yam	Pasta	Yam Pottage	Okro/Vegetable Soup with Eba/ Wheat
Peppered Chicken/Pepper ed Fish/Assorted Beef Stew/ Boiled Egg	Peppered Chicken/Peppere d Fish/Assorted Beef Stew/ Boiled Egg	Peppered Chicken/Peppere d Fish/Assorted Beef Stew/ Boiled Egg	Peppered Chicken/Peppered Fish/Assorted Beef Stew/ Boiled Egg	Peppered Chicken/Peppered Fish/Assorted Beef Stew/ Boiled Egg	Peppered Chicken/Peppere d Fish/Assorted Beef Stew/ Boiled Egg	Peppered Chicken/Pepper ed Fish/Assorted Beef Stew/ Boiled Egg
Efo-riro/ Okro Soup with Eba/ Semo	Egusi/ Ogbonno Soup with Eba/ Wheat	Ewedu & Gbegiri/ Banga with Amala/ Eba	Vegetable Soup/ Okro Soup with Eba/Semo	Eforiro/ White Soup with Eba/ Wheat	Egusi/ Ogbonno Soup with Eba/ Semo	
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	
Dessert						
Sweet/ fruits	Sweet/ fruits	Sweet/ fruits	Sweet/ fruits	Sweet/ fruits	Sweet/ fruits	Sweet/ fruits
Pm snack						
cookies +drink	Sausage roll +drink	Donut +drink	Meat pie +drink	Popcorn +drink	Spring roll& puffpuff	Plantain Chips+ drink