

BOARDER'S MENU- WEEK 4 (15TH – 21ST MAY 2017)

B R E A K F A S T	Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	FOOD SERVER LANE	Mini baguette pizza, Spanish omelet, grilled sausage	Waffles, eggs sauce Boiled Sweetpotato stew sauce Bread rolls	Crepe in syrup Oat Scramble egg Sausage rolls	Pancake Fried egg Baked beans Fried plantain Stew sauce	Mini plain croissant Fruits salad Vegetable omelet	Sausage roll Scramble eggs Crispy bacon Akara/custard	Mini chicken pie Fried sweetpotato fish stew Eggs sauce
	Cereals	2 selection of cereals(golden morn cornflakes,frosties, Weetabix and coco-pops)						
	Beverage	Tea, hot chocolate and fresh milk						
	Toast	Everyday our bread is freshly baked, white slice and baguette bread a choice of jam, butter, and marmalade						
L U N C H	1st Entrée	Beef bourgeon	chicken Afritada (Asian style)	Beef goulash	Thai glazed chicken	Fish pane	chicken carbonara	Fish fillet oriental sauce
	2nd Entrée (Local)	Fried chicken stew	Assorted beef	Fried fish stew	Beef stew	Chicken stew	Spicy fish barbecue	Crispy fried chicken
	CARBS 1	Jollof rice/	Spaghetti Jollof with greens	Rice and beans	Roasted Potato	French fries	Macaroni pasta	Steamed rice
	CARBS 2 (Local)	Eba/semó	Pound yam	Amala/eba	Poundoyam	Steamed Rice	Yam and beans porridge	Poundo yam
	Extras	Edikaiko/egusi	Banga	Ewedu/gbegiri	Okro/egusi	ketchup	Efo-riro Eba	Egusi/ Edikaikong
	Vegetables	Mixed vegetable	Coleslaw salad	Steamed beans and carrots	Sautéed mixed vegetable	Mixed green salad	coleslaw	Carrots and cabbage
	Fruits	Ice cream Banana	Apples	Fresh orange	Water melon	Fruits salad	Paw paw	Pineapples
D I N N E R	Soup of the Day	Spicy fish	Cream of chicken	Minestrone	Fish chowder	Chef choice/ ,assorted beef pepper soup	Chicken and noodles	Chef choice
	1st Entrée (Local)	Beef stew	Roasted fish	Barbecue chicken	Beef scallop	Chicken brochette	Fish stew	Fried chicken stew
	2nd Entree	Hotdog pasta	Mongolian beef	Battered fish	Singapore chili chicken	sweet sour fish	Beef stir fry with vegetable	Hotdog sandwich
	Carbs 1 (Local)	Yam balls	Garlic parsley potato	Jollof Rice	Yam and Beans pottage	French fries	Beans Pottage & Garri Ijebu	Fried plantain Beans Pottage
	Carbs 2	Hot Dog pasta	Ofada sauce and rice	Boiled Plantain	Spaghetti jollof	Egg noodles	Chinese fried rice	French fries
	Extras	Corn beef stew	Dodo	Mixed green salad	Steamed spinach	Mixed green salad	Sautéed garlic spinach	Coleslaw
	Fruits	Water melon	Apples	Banana	Pineapple	Fresh Orange	Paw paw	Fresh orange
	PM SNACK	Mini donut	Mini hotdog sandwich	Slice cake	Mini chicken sandwich	Mini pie	Mini croissant	Mini cup cake

