

SECONDARY MENU- Week 4 (15TH – 21ST MAY 2017)

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1st Entrée	Beef bourgeon	chicken Afritada (Asian style)	Beef goulash	Thai glazed chicken	Fish pane	chicken carbonara	Fish fillet oriental sauce
						Spicy fish barbecue	
2nd Entrée (Local)	Fried chicken stew	Assorted beef	Fried fish stew	Beef stew	Chicken stew		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
Soup of the Day	Spicy fish	Cream of chicken	Minestrone	Fish chowder	Chef choice/ ,assorted beef pepper soup	Chicken and noodles	Chef choice

BREAKFAST CLUB- WEEK 1 (15TH – 21ST MAY 2017)

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FOOD SERVER LANE	Mini baguette pizza, Spanish omelet, grilled sausage	Waffles, eggs sauce Boiled Sweetpotat o 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 Vegetabl e omelet	Sausage roll Scramble eggs Crispy bacon Akara/cust ard	Mini chicken pie Fried sweetpot ato 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						