

GRANGE SCHOOL MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cereal	Porridge	Cut Fruit	Cereal	Cereal	Cereal	Cereal
BREAKFAST-HOT	Yam and Corned beef Sauce,	Omelettes	Akara & Custard	Scrambled Eggs	Sweet Potato & Chicken Franks Sauce	Hash Potatoes,	Waffles & Syrup
BREAKFAST-HOT	Boiled Eggs , Baked Beans	Chicken Chipolatas	Boiled Eggs in Tomato Sauce,	Chicken Chipolatas	Boiled Eggs	Omelette, Baked Beans	African Omelette Chicken Chipolatas
	Bread Rolls	Sliced Bread /Toast	Sliced Bread / French Toast	Bread Rolls	Sliced Bread /Muffins	Bread Rolls, Croissant	Sliced Bread /Toast Pain Au raisin
LUNCH							
CARB	Agoyin Beans	Pounded Yam, Eba	Yam Pottage	Wheat/Eba	Pounded Yam/Eba	Saute Potatoes	Pounded Yam
PROTEIN	Peppered Fish	Beef Stew	Beef Stew	Beef Stew	Beef Stew	Beef Stroganoff	Beef Stew
VEG	Plantain	Efo riro /Otong	Spinach Saute	Ogbonna/White soup	Egusi & Ugwu/Otong	Carrots & Peas	Efo Riro
CARB	Steamed White Rice	Singapore Noodles	Jollof Rice	Fried Rice	Rice/Noodle Pillaf	Agoyin Beans	Coconut Rice
PROTEIN	Chicken Stew	Shredded Chicken	BBQ Chicken	Chicken Stew	Sweet & Sour chicken	Peppered fish	BBQ Chicken
VEG	Coleslaw	Vegetable Medley	Plantain/Moinmoin	Plantain/Side Salad	Cabbage & Spring Onion Stir fry	Plantain	Plantain
DESSERT	Pineapple crumble & custard/Oranges	Pancakes & syrup/Watermelon	Vanilla Cake Bananas	Apples	Chocolate Swissroll/Pineapple	Carrot Cake	Ice cream
SNACK	Rock cake + drink	Sausage Roll +drink	Doughnut +drink	Plantain Chips +drink	Cookies+drink	Popcorn +drink	Potato Crisps + Chips
DINNER							
PROTEIN	Fish Cakes with Oleander salsa	Chicken subs	Chicken Casserole	Mackerel & Spinach Sauce	Chicken Franks in Tomato sauce	Chicken Maryland	Hamburgers
CARBS	Sweet Potato Wedges	Chips, Ketchup	Roast Potatoes	Boiled Yam & Boiled Yam	Pasta	Sweet Potato Wedges	Potato Wedges
PROTEIN	Beef Stew	Beef Casserole,	African Omelette		Fried Fish , Rough Pepper Sauce	Meat Stew	Farmhouse Pottage
CARBS	Fried Rice	Coconut Rice	Yam Chips	Pizza & Chips	Ghanian Rice & Beans	Moin-moin & Plantain	Peppered Chicken
VEG	Carrots & Peas	Coleslaw		Coleslaw	Plantain	Vegetable Medley	Coleslaw
DESSERT	Watermelon	Bananas	Apples	Bananas	Watermelon	Pineapple	Fruit Salad