

GRANGE SCHOOL MENU (WEEK FIVE) BREAKFAST

Cycle 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CEREAL	Corn flakes	Coco pops	Rice krispies	Golden morn	Rice krispies	Cornflakes	Corn flakes
HOT BREAKFAST	Oatmeal. Fried Yam Chips and Egg Sauce, French Toast, Fried Eggs, sausage, sliced bread or bread rolls, baked beans, Hot chocolate	Oatmeal. Egg Burger, Fried Plantain with Egg Sauce , Sausages, sliced bread or bread rolls, baked beans, Hot chocolate.	Akara and Ogi or Custard. Boiled Eggs. Pan Cakes, grilled sausage, bread rolls, baked beans, Hot chocolate	Oatmeal. Fried Yam Chips/ Egg Sauce. Waffles and Plain Omellettes, bread rolls, baked beans , Hot chocolate.	Fried Plantain with Tomato Sauce,Oatmeal, sausage, Scrambled Eggs, Sunnyside up. Bread Basket, sliced bread , baked beans, Hot chocolate	Akara and Ogi or Custard, Boiled Eggs, Spanish Omellettes grilled sausage, sliced bread , baked beans, Hot chocolate.	Fried Plantain with Egg Sauce Oatmeal, sandwiches, Egg Turnover. baked beans, Hot chocolate.
FRUIT						Seasonal fruit	Seasonal fruit

GRANGE SCHOOL MENU (WEEK FIVE) LUNCH

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Cycle 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NATIONAL	White Rice and beans with stew. Beef, Chicken and Fish./ Semo or eba served with okro/ egusi	Farmhouse Pottage / Amala/eba served with ewedu/ oha soup. Beef, Fish and Chicken	Asaro or Eba/Wheat with Eforiro/ Ogbono soup/ Stewed Beef and Fish	Ewa Agoyin with Bread/ Pounded yam or Eba with Egusi / Okro soup/ Beef and Fish Stew	Semo/ Eba with Edikaikong/Ogbono / Stewed Beef and Fish	Eba with Okro soup and stew / Beef Stew	Amala and ewedu soup / Stewed Beef
FOOD OF THE WORLD	Fluffy Rice with Vegetable Curry and Grilled Chicken.	Spaghetti Jollof with Meat/ Chicken Balls.	Oriental Rice with Grilled Chicken	Hot Dog and Chips	Jollof rice served with chicken/fish/ beef.	Stir Fry Spaghetti with Grilled Chicken	Egg Fried rice with shredded beef sauce
SIDE	Coleslaw/Steamed Veg.	Salad	Salad/ Vichy Carrots.	Coleslaw/steamed Veg	moimoi/dodo/ Salad	steamed vegetables	Side salad
DESSERT	Sweet/fruit	Sweet/fruit	Sweet/fruit	Sweet/fruit	Sweet/fruit	Sweet/fruit	Sweet/fruit
PM SNACK	Snack + Drink	Snack + Water	Snack + Drink	Snack + Water	Snack + Drink	Snack + Water	Snack + Drink

GRANGE SCHOOL MENU (WEEK FIVE) DINNER

CYCLE 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NATIONAL	Chicken Pepper Soup with Bread Rolls	Edikaikong Soup with Eba	Egusi Soup with Semo and Beef	Yam and Plantain Pottage	Moi moi with Eko	ofada stew served with white rice	Poundo yam and edikaikong soup with chicken/beef/fish
FOOD OF THE WORLD	Singaporean Noodles with Shredded Chicken	Chinese Rice with Shredded Chicken	Saute' Potatoes with grilled Chicken	Nigerian Fried Rice with Grilled Chicken	Stir Fry Spaghetti	Chicken and Chips	Chef's night
SIDE	Salad	Salad	Spinach	Coleslaw	Chef's Salad	Salad	chef's Salad
DESSERT	sweets/ fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Fruit/Dessert	Yoghurt

GRANGE SCHOOL MENU (WEEK SIX) BREAKFAST

Cycle 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CEREAL	Corn flakes	Coco pops	Rice krispies	Golden morn	Rice krispies	Cornflakes	Corn flakes
HOT BREAKFAST	Oatmeal. Fried Yam Chips and Egg Sauce, French Toast, Fried Eggs, sausage, sliced bread or bread rolls, baked beans, Hot chocolate	Oatmeal. Egg Burger, Fried Plantain with Egg Sauce , Sausages, sliced bread or bread rolls, baked beans, Hot chocolate.	Akara and Ogi or Custard. Boiled Eggs. Pan Cakes, grilled sausage, bread rolls, baked beans, Hot chocolate	Oatmeal. Fried Yam Chips/ Egg Sauce. Waffles and Plain Omellettes, bread rolls, baked beans , Hot chocolate.	Fried Plantain with Tomato Sauce,Oatmeal, sausage, Scrambled Eggs, Sunnyside up. Croissant and Chocolate Brioche, sliced bread , baked beans, Hot chocolate	Akara and Ogi or Custard, Boiled Eggs, Spanish Omellettes grilled sausage, sliced bread , baked beans, Hot chocolate.	Fried Plantain with Egg Sauce Oatmeal, sandwiches, Egg Turnover. baked beans, Hot chocolate.
FRUIT							

GRANGE SCHOOL MENU (WEEK SIX) LUNCH

Cycle 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NATIONAL	Minced Meat Rice. Semo or Wheat served with Eforiro and okro	Ewa Agoyin served with Bread. Egusi and ogbono/ Stewed Beef and Fish/ Stewed Chicken	Yam Pottage/Semo and eba Edikaikong or Okro/ Stewed Beef and Fish/ Stewed Chicken	Wankye, Amala served with ewedu and gbegiri or Eba and banga/ Stewed Beef and Fish/ Stewed Chicken	Jollof rice / Semo or Eba with Ogbono and efo/ Stewed Beef and Fish	Pounded yam and egusi soup/ Stewed Beef and Fish	Coconut Rice / Amala with Okro and stew
FOOD OF THE WORLD	Fried Rice with Chicken wings	Sweet/Irish Potatoes with Egg Sauce or Chicken Nuggets and Corned Beef Sauce	Spaghetti Bolognaise	Beef Burger and Chips	Chicken Pepper Soup with Bread Rolls. Roasted Chicken/Stewed Chicken.	Vermicelli nooodles with shredded beef	Saute' Potatoes with Grilled Chicken
SIDE	Vichy Carrots/ dodo/salad	coleslaw/steamed Veg	Steamed Veg/salad	salad	moimoi or dodo/salad/Steamed Veg.	salad	Vegetable Salad
DESSERT	Sweet/fruit	Sweet/fruit	Sweet/fruit	Sweet/fruit	Sweet/fruit	Sweet/fruit	Sweet/fruit
PM SNACK	Snack + Drink	Snack + Water	Snack + Drink	Snack + Water	Snack + Drink	Snack + Water	Snack + Drink

GRANGE SCHOOL MENU (WEEK SEVEN) BREAKFAST

Cycle 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CEREAL	Corn flakes	Coco pops	Rice krispies	Golden morn	Cornflakes	Rice krispies	Corn flakes
HOT BREAKFAST	Oatmeal. Fried Yam Chips and Egg Sauce, French Toast, Fried Eggs, sausage, sliced bread or bread rolls, baked beans, Hot chocolate	Oatmeal. Egg Burger, Fried Plantain with Egg Sauce , Sausages, sliced bread or bread rolls, baked beans, Hot chocolate.	Akara and Ogi or Custard. Boiled Eggs. Pancakes, grilled sausage, bread rolls, baked beans, Hot chocolate	Oatmeal. Fried Yam Chips/ Egg Sauce. Waffles and Plain Omellettes, bread rolls, baked beans , Hot chocolate.	Fried Plantain with Tomato Sauce,Oatmeal, sausage, Scrambled Eggs, Sunnyside up. Croissant and Chocolate Brioche, sliced bread , baked beans, Hot chocolate	Akara and Ogi or Custard, Boiled Eggs, Spanish Omellettes grilled sausage, sliced bread , baked beans, Hot chocolate.	Fried Plantain with Egg Sauce Oatmeal, sandwiches, Egg Turnover. baked beans, Hot chocolate.
FRUIT							

GRANGE SCHOOL MENU (WEEK SEVEN) LUNCH

Cycle 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NATIONAL	White rice and beans with stew. Semo or Eba served with Eforiro and okro/ Stewed Beef and Fish	Farmhouse Pottage / Wheat and semo served with egusi and ogbono/ Beef and Fish	Yam and Garden Egg Sauce.Edikaikong and Okro served with Semo and Eba	Ewa Riro with Bread. Amala and Eba served with ewedu and banga	Jollof rice / Semo or Eba with Afang and ogbono	Semo with egusi soup	Jollof rice / Eba with Okro and stew
FOOD OF THE WORLD	Fluffy rice served with Chicken Curry or Chicken Stew	Jollof Spaghetti with Chicken Kebabs, Spaghetti stir fry with Chicken Sweet Chilli.	Oriental Rice with Grilled Chicken	Hot Dog and chips	Jollof rice with stewed Chicken.	Singaporean noodles with shredded beef	Jollof rice
SIDE	Dodo/Salad/ Steamed Veg.	Coleslaw	Salad/ Steamed Veg.	Salad	Vichy Carrots	Salad	Moimoi or Dodo
DESSERT	Sweet/fruit	Sweet/fruit	Sweet/fruit	Sweet/fruit	Sweet/fruit	Sweet/fruit	Sweet/fruit
PM SNACK	Snack + Drink	Snack + Water	Snack + Drink	Snack + Water	Snack + Drink	Snack + Water	Snack + Drink

GRANGE SCHOOL MENU (WEEK EIGHT) BREAKFAST

Cycle 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CEREAL	Corn flakes	Coco pops	Cornflakes	Golden morn	Cornflakes	Cornflakes	Golden Morn
HOT BREAKFAST	Oatmeal. Fried Yam Chips and Egg Sauce, French Toast, Fried Eggs, sausage, sliced bread or bread rolls, baked beans, Hot chocolate	Oatmeal. Egg Burger, Fried Plantain with Egg Sauce , Sausages, sliced bread or bread rolls, baked beans, Hot chocolate.	Akara and Ogi or Custard. Boiled Eggs. Pancakes, grilled sausage, bread rolls, baked beans, Hot chocolate	Oatmeal. Fried Yam Chips/ Egg Sauce. Waffles and Plain Omellettes, bread rolls, baked beans , Hot chocolate.	Fried Plantain with Tomato Sauce,Oatmeal, sausage, Scrambled Eggs, Sunnyside up. Croissant and Chocolate Brioche , baked beans, Hot chocolate	Akara and Ogi or Custard, Boiled Eggs, Spanish Omellettes grilled sausage, sliced bread , baked beans, Hot chocolate.	Fried Plantain with Egg Sauce Oatmeal, sandwiches, Egg Turnover. baked beans, Hot chocolate.
FRUIT							

GRANGE SCHOOL MENU (WEEK EIGHT) LUNCH

Cycle 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NATIONAL	Semo or Wheat served with Eforiro and okro. Fried Beef and Fish	Yam Pottage/ semo or Eba served with Bitterleaf or Ogbono soup. Fried Beef and Fish	Ewa Riro and Bread/ Amala served with gbegiri and ewedu/Eba served with Edikaikong . Fried Beef and Fish	Ofada Rice and Sauce /Semo and eba served with okro soup and efo. Beef and Fish	Eba and wheat served with ogbono or Afang soup. Beef and Fish	Amala served with okro and stew. Fried Beef.	Eba and egusi served with beef and chicken
FOOD OF THE WORLD	Fried rice with Grilled Chicken. Chinese Rice	Spaghetti Bolognaise. Vegetable Spaghetti.	Irish or Sweet Potato Chips and Chicken Nuggets.	Tomato Pasta or Singaporean Noodles with Diced Chicken.	Jollof rice served with peppered chicken	Oriental Rice with Shredded Chicken	Jollof Spaghetti
SIDE	Dodo / Salad	Coleslaw/ steamed veg	Salad	Steamed Veg./salad	Moimoi or Dodo/Salad	Steamed vegetables	Russian salad
DESSERT	Sweet/fruit	Sweet/fruit	Sweet/fruit	Sweet/fruit	Sweet/fruit	Sweet/fruit	Sweet/fruit
PM SNACK	Snack + Drink	Snack + Water	Snack + Drink	Snack + Water	Snack + Drink	Snack + Water	Snack + Drink

