

GRANGE SCHOOL - REFRESHED STUDENT MENU | WEEK 1

BREAKFAST

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CEREAL	Rice Krispies	Corn Flakes	Golden Morn	Coco Pops	Rice Krispies	Corn Flakes	Golden Morn
HOT BREAKFAST	Oatmeal; pancakes; scrambled egg; Fried Plantain and Egg Sauce	Akara & custard or Ogi; egg sauce; bread roll; Boiled Yam.	Boiled plantain & egg sauce; French toast; Scrambled Eggs. Bread.	Mini waffles; sausage; omelette; Bread. Boiled Yam & Egg Sauce.	Sweet potato & egg stew; oatmeal; Bread. Scrambled Eggs.	Moi moi & pap; boiled egg; Fried Plantain with egg stew.	Fried Yam and Egg Sauce. Bread Rolls. Scrambled Eggs.

GRANGE SCHOOL - REFRESHED STUDENT MENU | WEEK 1

LUNCH

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NATIONAL	Fried rice; Eba/Semo + Egusi/Ogbono; chicken/beef/fish	Yam pottage; Amala + Ewedu/Gbegiri; Efo Riro., beef/fish	Rice & beans + stew; Eba + Edikang Ikong/Okro ; chicken/fish	White rice + ayamase; Semo + Ogbono/Egusi ; beef/fish	Jollof rice; Eba/Wheat + Afang/Okro; chicken/beef/fish	Beans & plantain pottage; Eba + Egusi; beef/fish	Coconut rice; Amala + Ewedu; chicken/beef
FOOD OF THE WORLD	Minced meat rice	Spaghetti Bolognese + garlic bread	Chicken burger + Fries	Tomato Pasta + grilled chicken	Chicken shawarma wrap + wedges	Stir Fry Pasta with Chicken	BBQ chicken rice bowl
SIDE	Coleslaw / dodo	Steamed vegetables	Garden salad	Vichy carrots	Moi moi / salad	Cucumber- carrot salad	Sweet corn slaw
DESSERT	Seasonal fruit / Cake	Seasonal fruit / Cookies	Seasonal fruit /	Seasonal fruit / Cake	Puff Puff	Seasonal fruit	Seasonal fruit
PM SNACK	Snack + drink	Snack + water	Snack + drink	Snack + water	Snack + drink	Snack + water	Snack + drink

GRANGE SCHOOL - REFRESHED STUDENT MENU | WEEK 1

DINNER

[illegible]

GRANGE SCHOOL - REFRESHED STUDENT MENU | WEEK 2

BREAKFAST

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CEREAL	Rice Krispies	Corn Flakes	Golden Morn	Coco Pops	Rice Krispies	Corn Flakes	Golden Morn
HOT BREAKFAST	Oatmeal; pancakes; scrambled egg; Fried Plantain and Egg Sauce	Akara & custard or Ogi; egg sauce; bread roll; Boiled Yam.	Boiled plantain & egg sauce; French toast; Scrambled Eggs. Bread.	Mini waffles; sausage; omelette; Bread. Boiled Yam & Egg Sauce.	Sweet potato & egg stew; oatmeal; Bread. Scrambled Eggs.	Moi moi & pap; boiled egg; Fried Plantain with egg stew.	Fried Yam and Egg Sauce. Bread Rolls. Scrambled Eggs.

GRANGE SCHOOL - REFRESHED STUDENT MENU | WEEK 2

LUNCH

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NATIONAL	Asaro; Semo/Eba + Efo Riro/Okro; beef/fish	Spicy rice; Ewa Agoyin & bread; Amala + Ewedu/Afang; chicken/beef	Tomato pasta; Wheat/Eba + Ogbono/Oha; beef/fish	Farmhouse pottage; Pounded/Eba + Egusi/Okro; chicken/fish	Jollof rice; Semo/Eba + Edikang Ikong/Ogbono; beef/fish	Amala + Okro & stew; beef	Rice & beans + stew; Eba + Afang; chicken/fish
FOOD OF THE WORLD	Butter rice + chicken casserole White Rice + Stew + Stewed Chicken	Jollof Spaghetti & Crispy Chicken	Honey-glazed chicken + oriental rice	Hot-dog roll (Shawarma style) + Fries		Stir-fry noodles + chicken	Egg fried rice + Grilled Chicken Oyster sauce
SIDE	Coleslaw / dodo	Steamed vegetables	Garden salad	Vichy carrots	Moi moi / salad	Cucumber- carrot salad	Sweet corn slaw
DESSERT	Seasonal fruit / Cake	Seasonal fruit / Cookies	Seasonal fruit /	Seasonal fruit / Cake	Puff Puff	Seasonal fruit	Seasonal fruit
PM SNACK	Snack + drink	Snack + water	Snack + drink	Snack + water	Snack + drink	Snack + water	Snack + drink

GRANGE SCHOOL - REFRESHED STUDENT MENU | WEEK 2

DINNER

[illegible]

GRANGE SCHOOL - REFRESHED STUDENT MENU | WEEK 3

BREAKFAST

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CEREAL	Rice Krispies	Corn Flakes	Golden Morn	Coco Pops	Rice Krispies	Corn Flakes	Golden Morn
HOT BREAKFAST	Oatmeal; pancakes; scrambled egg; Fried Plantain and Egg Sauce	Akara & custard or Ogi; egg sauce; bread roll; Boiled Yam.	Boiled plantain & egg sauce; French toast; Scrambled Eggs. Bread.	Mini waffles; sausage; omelette; Bread. Boiled Yam & Egg Sauce.	Sweet potato & egg stew; oatmeal; Bread. Scrambled Eggs.	Moi moi & pap; boiled egg; Fried Plantain with egg stew.	Fried Yam and Egg Sauce. Bread Rolls. Scrambled Eggs.

GRANGE SCHOOL - REFRESHED STUDENT MENU | WEEK 3

LUNCH

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NATIONAL	Rice & beans + stew; Semo/Eba + Efo Riro/Okro; beef/fish	Farmhouse pottage; Wheat/Semo + Egusi/Ogbono; chicken/fish	Asaro; Eba + Edikang Ikong/Okro; beef/fish	Ewa Agoyin & bread; Amala + Ewedu/Egusi; beef	Jollof rice; Semo/Eba + Afang/Ogbono; chicken/fish	Semo + Egusi; fish	Native rice; Eba + Okro & stew; chicken/beef
FOOD OF THE WORLD	Fried rice + vegetables Chicken Curry Rice	Jollof spaghetti + chicken kebab	Oriental rice + sticky chicken wings	Shawarma/Jollof	Shawarma	Singapore noodles + Grilled Chicken	Grilled chicken sandwich + wedges
SIDE	Coleslaw / dodo	Steamed vegetables	Garden salad	Vichy carrots	Moi moi / salad	Cucumber-carrot salad	Sweet corn slaw
DESSERT	Seasonal fruit / Cake	Seasonal fruit / Cookies	Seasonal fruit /	Seasonal fruit / Cake	Puff Puff	Seasonal fruit	Seasonal fruit
PM SNACK	Snack + drink	Snack + water	Snack + drink	Snack + water	Snack + drink	Snack + water	Snack + drink

GRANGE SCHOOL - REFRESHED STUDENT MENU | WEEK 3

DINNER

[illegible]

GRANGE SCHOOL - REFRESHED STUDENT MENU | WEEK 4

BREAKFAST

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CEREAL	Rice Krispies	Corn Flakes	Golden Morn	Coco Pops	Rice Krispies	Corn Flakes	Golden Morn
HOT BREAKFAST	Oatmeal; pancakes; scrambled egg; Fried Plantain and Egg Sauce	Akara & custard or Ogi; egg sauce; bread roll; Boiled Yam.	Boiled plantain & egg sauce; French toast; Scrambled Eggs. Bread.	Mini waffles; sausage; omelette; Bread. Boiled Yam & Egg Sauce.	Sweet potato & egg stew; oatmeal; Bread. Scrambled Eggs.	Moi moi & pap; boiled egg; Fried Plantain with egg stew.	Fried Yam and Egg Sauce. Bread Rolls. Scrambled Eggs.

GRANGE SCHOOL - REFRESHED STUDENT MENU | WEEK 4

LUNCH

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NATIONAL	White rice & Stew; Eba/Semo + Efo Riro /Okro; chicken/fish	Ewa Agoyin + bread; Amala + Ewedu/Gbegiri /Egusi; beef, fish, chicken.	Coconut rice; Eba + Oha/Ogbono; chicken/fish	Ofada rice; Semo + Egusi/Okro; beef/fish	Jollof rice; Eba/Wheat + Afang/Ogbono; chicken/fish	Yam pottage + spinach; beef/fish	White rice + stew; Eba + Edikang Ikong; chicken/beef
FOOD OF THE WORLD	Minced Meat Rice	Spaghetti +Tomato Sauce with Grilled Chicken	Hot Dog Roll (Shawarma Style) with Fries	Baked Macaroni + grilled chicken	Sweet-chilli chicken noodles	Beef burger + oven fries	Tomato basil spaghetti + chicken
SIDE	Coleslaw / Beans	Steamed vegetables	Garden salad	Vichy carrots	Moi moi / salad	Cucumber-carrot salad	Sweet corn slaw
DESSERT	Seasonal fruit / Cake	Seasonal fruit / Cookies	Seasonal fruit /	Seasonal fruit / Cake	Puff Puff	Seasonal fruit	Seasonal fruit
PM SNACK	Snack + drink	Snack + water	Snack + drink	Snack + water	Snack + drink	Snack + water	Snack + drink

GRANGE SCHOOL - REFRESHED STUDENT MENU | WEEK 4

DINNER

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