

BIS -MENU A

21st - 27th November & 12th - 16th December	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Cereal	Cut Fruit	Cereal	Cut Fruit	Cereal	Cut Fruit	
<b>BREAKFAST-HOT</b>	Yam and corned beef stew, Boiled eggs	Omelettes	Akara & Ogi, Boiled Eggs	Scrambled Eggs	Yam and Egg Stew, Boiled Eggs	Hash Potatoes, Eggs, Baked Beans	Egg, Sausages French Toast/Waffles
	Bread Rolls	Sliced Bread /Toast	Bread Rolls	Sliced bread/Toast	Bread Rolls	Baker's Basket	Baker's Basket
<b>LUNCH</b>							
<b>CARB</b>	Farmhouse pottage	Jollof rice	Fried Rice	Beans Pottage	Pounded Yam	Yamarita	Jollof Rice/ Plantain
<b>PROTEIN</b>	Chicken Stew	Peppered Chicken	Beef Stew	Beef stew	Beef Stew	Chicken Stew	Cajun Chicken
<b>VEG</b>	Saute Spinach	Side Salad	Stir Fried Veg	Plantain	Egusi	Spinach Saute	Salad Bar
<b>CARB</b>	White rice	Roast potatoes	Noodles	Coconut Rice	Pasta Twists		
<b>PROTEIN</b>	Chilli con Carne	Roast Chicken	Stir Fried Beef in Black Bean Sauce	Thai Chicken Curry	Chicken Carbonara		
<b>VEG</b>	Vegetable Medley	Side Salad	Stir Fried Veg	Coleslaw	Vegetable Medley		
<b>DESSERT</b>	Vanilla Cake & Custard	Apples	Pancakes	Jam Sponge	Cut Fruit	Ice Cream	Marble Cake & Custard

**DINNER**

<b>PROTEIN</b>	Fish in Batter, Oleander salsa	Chicken subs	Beef Kebabs	Shepherds Pie	Chicken in tomato sauce	BBQ chicken	Hamburgers
<b>CARBS</b>	Sweet Potato Wedges	Chips	Yam Chips	Potato Wedges	Pasta Twists	Spaghetti Jollof	Potato Wedges
<b>PROTEIN</b>	African omelette	Beef stew	Chicken stew	Peppered chicken/ garden egg stew	African Omelette	BBQ Fish	Chicken Stew
<b>CARBS</b>	Fried Yam	White rice	Dodo	Yamarita	Dodo	Fried rice	Yam pottage
<b>VEG</b>	Carrots & Peas	Coleslaw	Saute Spinach/moimoin	Steamed Veg	Salad	Veg Medley	Coleslaw
<b>DESSERT</b>	Apples	Bananas	Apples	Bananas	Apples	Banana Fritters	Fruit Salad

BIS-MENU B

28th November - 4th December	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Cereal, Golden Morn	Cut Fruit	Cereal, Golden Morn	Cut Fruit	Cereal, Golden Morn	Cut Fruit	
<b>BREAKFAST-HOT</b>	Yam and Corned beef stew, Boiled eggs	Omelettes	Akara, Boiled Eggs	Scrambled Eggs	Yam and Egg Stew, Boiled Eggs	Hash Potatoes, Eggs, Baked Beans	Egg, Sausages French Toast/Waffles
	Baked Beans	Chicken Franks	French Toast	Chicken Franks	Waffles		
	Bread Rolls	Sliced Bread /Toast	Bread Rolls	Sliced bread/Toast	Bread Rolls	Bakers Basket	Bakers Basket
<b>LUNCH</b>							
<b>CARB</b>	Eba	Jollof Rice	Rice & Beans	Peeled Beans Pottage/Plantain	Pounded Yam	Parsley Potatoes	Steamed White Rice
<b>PROTEIN</b>	Beef Stew	Cajun Chicken	Beef Stew	Beef stew	Beef Stew	Beef Stroganoff	Chicken Curry
<b>VEG</b>	Efo Riro	Side Salad	Plantain	Plantain	Egusi	Carrots & Peas	Curried Veg
<b>CARB</b>	Spaghetti	Yam Pottage	Pasta Bake	Fried Rice	Jollof Rice		
<b>PROTEIN</b>	Bologniase	Beef Stew	Grilled Chicken	Teriyaki Chicken	Peppered Chicken		
<b>VEG</b>	Veg Medley	Saute Spinach	Vegetable Medley	Coleslaw	Plantain		
<b>DESSERT</b>	Chocolate Sqaures	Apples	Fruit Salad	Pancakes	Pineapple Crumble	Carrot Cake	Ice cream
<b>DINNER</b>							
<b>PROTEIN</b>	Fish Cakes, Oleander Salsa	Chicken subs	Mackerel & Garden Egg Stew	Chicken	Chicken Stew	Meatballs	Hamburgers
<b>CARBS</b>	Sweet Potato Wedges	Chips	Boiled Yam	Stir Fried Noodles	Yam Pottage	Spaghetti	Potato Wedges
<b>PROTEIN</b>	Beef Stew	African Omelette	Chicken Franks Pasta in Tomato Sauce	Beef Stew	Minced Meat Sauce	African Omelette	BBQ Chicken
<b>CARBS</b>	Rice & Beans	Dodo		White Rice	Potatoes	Yam Chips	Fried Rice
<b>VEG</b>	Carrots & Peas	Coleslaw		Carrots & Peas	Salad	Steamed Veg	Coleslaw
<b>DESSERT</b>	Apples	Bananas	Apples	Bananas	Apples	Banana Fritters	Fruit Salad

BIS MENU C

5th December - 11th December	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Cereal, Golden Morn	Cut Fruit	Cereal, Golden Morn	Cut Fruit	Cereal, Golden Morn	Cut Fruit	
<b>BREAKFAST-HOT</b>	Yam and Corned beef stew, Boiled eggs	Omelettes	Akara, Boiled Eggs	Scrambled Eggs	Yam and Egg Stew, Boiled Eggs	Hash Potatoes, Eggs, Baked Beans	Egg, Sausages French Toast/Waffles
	Baked Beans	Chicken Franks	Fench Toast	Chicken Franks	Waffles		
	Bread Rolls	Sliced Bread /Toast	Bread Rolls	Sliced bread/Toast	Bread Rolls	Bakers Basket	Bakers Basket
<b>LUNCH</b>							
<b>CARB</b>	Semovita	Parsley Potatoes	Spaghetti	Agoyin beans & Dodo	Semovita/Eba	Pasta Twists (jollof)	Jollof Rice
<b>PROTEIN</b>	Beef Stew	Beef Ragout	Bolognaise Sauce	Beef stew	Beef Stew	Chicken	BBQ Chicken
<b>VEG</b>	Okro	Side Salad	Vegetable Medley	Plantain	Edikaikong	Carrots & Peas	Plantain, Salad
<b>CARB</b>	Steamed White Rice	Farmhouse Pottage	Fried Rice	Jollof rice	Oriental Rice		
<b>PROTEIN</b>	Chicken in Groundnut stew	Beef Stew	Chicken Stew	BBQ Chicken	Sweet & Sour Chicken		
<b>VEG</b>	Plantain	Saute Spinach	Vegetable Medley	Plantain	Stir Fried Vegetables		
<b>DESSERT</b>	Pineapple Crumble & Custard	Chocolate Swissroll	Cut Fruit	Apples	Pancakes	Ice Cream	Bakewell Tart & Custard
<b>DINNER</b>							
<b>PROTEIN</b>	Fish in Batter, Oleander Salsa	Chicken subs	Chicken Casserole	Boiled Plantaian	Pizza	Chicken Maryland	Hamburgers
<b>CARBS</b>	Sweet Potato Wedges	Chips	Potatoes lyonnaise	Mackerel & Garden EggSauce		Sweet Potato Wedges	Potato Wedges
<b>PROTEIN</b>	African Omelette	Chicken stew	Beef stew	Tomato Sauce & Chicken	African omelette	Meat Stew	Peppered chicken
<b>CARBS</b>	Boiled Yam	White rice	Yam pottage	Pasta	Dodo	Steamed Rice	Yam chips
<b>VEG</b>	Carrots & Peas	Coleslaw			Side Salad	Veg Medley/moinmoin	Coleslaw
<b>DESSERT</b>	Apples	Bananas	Apples	Bananas	Apples	Bananas	Fruit Salad