

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Week Commencing 10th October 2016 – Menu B				
CARB	Eba	Jollof Rice	Rice & Beans	Peeled Beans Pottage/ Plantain	Pounded Yam
PROTEIN	Beef Stew	Cajun Chicken	Beef Stew	Beef stew	Beef Stew
VEG	Efo Riro	Side Salad	Plantain	Plantain	Egusi
CARB	Spaghetti	Yam Pottage	Pasta Bake	Fried Rice	Jollof Rice
PROTEIN	Bolognaise	Beef Stew	Grilled Chicken	Teriyaki Chicken	Peppered Chicken
VEG	Veg Medley	Sauté Spinach	Vegetable Medley	Coleslaw	Plantain
DESSERT	Chocolate Squares	Apples	Fruit Salad	Pancakes	Pineapple Crumble

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Week Commencing 17th October 2016 - Menu C				
CARB	Semovita	Parsley Potatoes	Spaghetti	Agoyin beans & Dodo	Semovita/ Eba
PROTEIN	Beef Stew	Beef Ragout	Bolognaise Sauce	Beef stew	Beef Stew
VEG	Okro	Side Salad	Vegetable Medley	Plantain	Edikaikon g
CARB	Steamed White Rice	Farmhouse Pottage	Fried Rice	Jollof rice	Oriental Rice
PROTEIN	Chicken in Groundnut stew	Beef Stew	Chicken Stew	BBQ Chicken	Sweet & Sour Chicken
VEG	Plantain	Sauté Spinach	Vegetable Medley	Plantain	Stir Fried Vegetables
DESSERT	Pineapple Crumble & Custard	Chocolate Swiss roll	Cut Fruit	Apples	Pancakes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Week Commencing 31 st October 2016 – MENU A				
CARB	Farmhouse pottage	Jollof rice	Fried Rice	Beans Pottage	Pounded Yam
PROTEIN	Chicken Stew	Peppered Chicken	Beef Stew	Beef stew	Beef Stew
VEG	Sauté Spinach	Side Salad	Stir Fried Veg	Plantain	Egusi
CARB	White rice	Roast potatoes	Noodles	Coconut Rice	Pasta Twists
PROTEIN	Chilli con Carne	Roast Chicken	Stir Fried Beef in Black Bean Sauce	Thai Chicken Curry	Chicken Carbonara
VEG	Vegetable Medley	Side Salad	Stir Fried Veg	Coleslaw	Vegetable Medley
DESSERT	Vanilla Cake & Custard	Apples	Pancakes	Jam Sponge	Cut Fruit