	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CEREAL	Corn flakes	Coco pops	Rice krispies	Golden morn	Rice krispies	Cornflakes	Corn flakes
HOT BREAKFAST	Enips and Egg Sauce, French Toast, Fried Eggs, sausage, sliced bread	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.	Scrambled Eggs, Sunnyside up. Croissant and Chocolate Brioche, sliced	Boiled Eggs, Spanish	Fried Plantain with Egg Sauc Oatmeal, sandwiches, Egg Turnover. baked beans, Hot chocolate

		GRANG	E SCHOOL M	ENU (WEEK O	NE) LUNCH		
	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/ Poundo yam or Eba with Egusi / Okro soup/ Beef and Fish Stew	Semo/ Eba with Edikaikong/Ogbon o / 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/Stea med 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

	GRA	NGE SCHO	OOL MENU	(WEEK ON	E) DINNI	ER	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NATIONAL	IS ALIA WITH BROAD	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/fi sh
FOOD OF THE WORLD	Singaporean Noodles with Shredded Chicken	with Shredded	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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CEREAL	Corn flakes	Coco pops	Rice krispies	Golden morn	Rice krispies	Cornflakes	Corn flakes
HOT BREAKFAST	Enips and Egg Sauce, French Toast, Fried Eggs, sausage, sliced bread	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.	Scrambled Eggs, Sunnyside up. Croissant and Chocolate	Boiled Eggs, Spanish	Fried Plantain with Egg Sauc Oatmeal, sandwiches, Egg Turnover. baked beans, Hot chocolate

		GRANG	E SCHOOL M	ENU (WEEK TV	VO) LUNCH		
	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 serverd 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/steam ed Veg	Steamed Veg/salad	Salad	Moimoi or dodo/salad/Steam ed 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

	GRA	NGE SCHO	OOL MENU	(WEEK TWC) DINNE	R	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NATIONAL	Semo sereved with Egusi/	Ofada rice	Chicken Pepper Soup and Bread rolls	Semo with edikaikong	Moimoi and Eko	Eba and Okro soup	Asaro and Beef
FOOD OF THE WORLD	Baked Macaroni with Grilled Chicken	Singaporean Noodles with shredded Chicken	Saute' Potatoes with Roast Chicken	Beef Suya with Suya Rice	Stir Fry Spaghetti with Grilled Chicken	Shawarma and Chips	Oriental Rice and Shredded Chicken
SIDE	Steamed veg	Chef's Salad/ Plantain	Steamed vegetables	Salad	Salad	Spinach	Chef's Salad
DESSERT	Sweets/ fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits

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

		GRANG	E SCHOOL M	ENU (WEEK TH	REE) LUNCH		
	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 nooodles 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

	GRA	NGE SCHO	OL MENU (WEEK THRE	E) DINN	ER	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NATIONAL	Semo served with Egusi/ Stewed Beef	Asaro with Chicken	Poundo Yam with Edikaikong and Beef	Egusi Soup with Semo and Beef	Moimoi and Eko	Eba and Okro soup	Nigerian Fried Rice with sauced Chicken
FOOD OF THE WORLD	Minced meat Macaroni with Chicken	Coconut Rice with stewed Beef and Spinach	Saute' Potatoes with Grilled Chicken and Tomato Sauce	Chinese Rice with Shredded Chicken	Stir fry Spaghetti with Meat Balls	Sharwarma with Chips	Chicken Pepper Soup and Bread Rolls
SIDE	Coleslaw	Green Salad	steamed veg	chef's Salad	Chef's Salad	Chef's Salad	Chef's Salad
DESSERT	Sweets/ fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CEREAL	Corn flakes	Coco pops	Cornflakes	Golden morn	Cornflakes	Cornflakes	Golden Morn
HOT BREAKFAST	Egg Sauce, French Toast, Fried Eggs, sausage, sliced bread	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	Spanish Omellettes grilled sausage,	Fried Plantain with Egg Sauc Oatmeal, sandwiches, Egg Turnover. baked beans, Hot chocolate

		GRANG	E SCHOOL M	ENU (WEEK FC	UR) LUNCH		
	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	With Arra and	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

	GRA	NGE SCHO	OL MENU (WEEK FOUF	R) DINNE	R	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NATIONAL	Poundo yam and edikaikong soup served with beef and Fish	White Rice with Ofada Sauce	Yam and Plantain porridge served with fried beef	Semo with Egusi Soup and Beef.	Moi Moi and Eko with Chicken	Coconut Rice with beef	Eba served with Okro soup and beef
FOOD OF THE WORLD	Singaporean Noodles with Shredded Chicken	Chicken Pepper Soup with Bread Rolls	Oriental Rice with Shredded Chicken	Stir Fry Spaghetti with grilled Chicken/ tomato Sauce	Baked Macaroni with Grilled Chicken	Shawarma with French Fries	Yam Pottage with chicken
SIDE	Sauteed spinach	Plantain/Salad	Sauteed spinach/ steamed veg	Coleslaw	Salad	Vegetable salad	Spinach
DESSERT	Sweets/ fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits