GRANGE SCHOOL MENU- LUNCH WEEK ONE

WELKONE										
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
					Waakye/					
Steamed White	Spaghetti stir fry/	Fried Rice/	Sauteed Potatoes/		Spaghetti	Jollof Rice/				
Rice/Plain	Spaghetti jollof/	Couscous/	Native Rice/	Jollof Rice	bolognese/	Dodo/ Moin				
Beans/Plantain	Coleslaw/Dodo	Dodo/ Salad	Plantain	/Dodo/Moin moin	Coleslaw	Moin				
						BBQ Chicken/				
						Peppered				
						Chicken/Peppe				
						red				
Asaro/Sauteed	Agoyin Beans/	Sweet Potatoes				Fish/Assorted				
Spinach	Bread/ Yam	Pottage				Beef Stew				
Peppered	Chicken									
Chicken/Peppe	Kebab/Sweet			Peppered	Peppered					
red	Chili Meat		Crispy Chicken/	Chicken/Peppere	Chicken/Pepper	Ogbono/				
Fish/Assorted	balls/Peppered	Grilled Chicken/	Peppered	d Fish/Assorted	ed Fish/Assorted	Edikaikong				
Beef Stew/	Fish/Assorted	Chicken Lolipop/	Chicken/Peppered	Beef Stew/ Boiled	Beef Stew/	Soup served				
Boiled Egg	Beef Stew	Peppered Fish	Fish/Assorted Beef	Egg	Boiled Egg	with Semo				
Ewedu &					Eforiro/ Ewedu &					
Gbegiri/ Eforiro	Egusi/ Okro Soup	Eforiro/ Ogbonno	Edikaikong	Ewedu & Gbegiri/	Gbegiri Soup	Spaghetti stir				
Soup/ Amala/	served with Eba/	Soup served with	Soup/Egusi served	Eforiro Soup served	served with Eba/	fry/ Yam				
Eba	Semo	Eba/ Wheat	with Eba/ Semo	with Amala/ Eba	Amala	Pottage				
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit				
			Dessert							
sweet/fruits	sweets/ fruits	sweet/ fruits	Sweets/fruits	Sweets/fruit	Sweets/fruits	Sweets/fruits				
Pm snack										
Sausage roll + drink	Meat pie +drink	Cookies + drink	Donuts + drink	Popcorn + drink	Spring roll & puff puff + drink	Muffins + drinks				

GRANGE SCHOOL MENU- LUNCH

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	White Rice &		Coconut Rice/			
Oriental Rice/	Ofada Stew/ Moin	Jollof	Spaghetti/ White	Jollof Rice/Waakey	White Rice &	Jollof Rice/ White
Spicy Rice/	Moin/ White	Rice/Macaroni	Rice & Stew with	with Moin Moin/	Beans/ Native	Rice & Beans
Coleslaw	Beans	Moin Moin/Salad	Moin Moin/ Salad	Salad	Rice	with Salad
						Okro/Vegetable
Agoyin Beans		Porridge Beans	Garden-Egg Sauce			Soup with Eba/
with Bread/ Yam	Yam Pottage	with Yam/ Bread	with Yam	Pasta	Yam Pottage	Wheat
Demonsor	Dammarad	Demonsor			Dannarad	Damarad
Peppered	Peppered	Peppered	Davasaal	Davasa	Peppered	Peppered
Chicken/Pepper	Chicken/Peppere	Chicken/Peppere	Peppered	Peppered	Chicken/Peppere	• •
ed Fish/Assorted	d Fish/Assorted	d Fish/Assorted	Chicken/Peppered	Chicken/Peppered	d Fish/Assorted	ed Fish/Assorted
· ·	Beef Stew/ Boiled	Beef Stew/ Boiled	Fish/Assorted Beef	Fish/Assorted Beef	Beef Stew/ Boiled	Beef Stew/ Boiled
Egg	Egg	Egg	Stew/ Boiled Egg	Stew/ Boiled Egg	Egg	Egg
Efo-riro/ Okro	Egusi/ Ogbonno	Ewedu & Gbegiri/	Vegetable Soup/		Egusi/ Ogbonno	
Soup with Eba/	Soup with Eba/	Banga with	Okro Soup with	Eforiro/ White Soup	Soup with Eba/	
Semo	Wheat	Amala/ Eba	Eba/Semo	with Eba/ Wheat	Semo	
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	
			Dessert			
Sweet/ fruits	Sweet/ fruits	Sweet/ fruits	Sweet/ fruits	Sweet/ fruits	Sweet/ fruits	Sweet/ fruits
			Pm snack			
cookies +drink	Sausage roll +drink	Donut +drink	Meat pie +drink	Popcorn +drink	Spring roll& puffpuff	Plantain Chips+ drink