

CANTEEN MENU (LUNCH)

WEEKS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	RICE WITH GRAVY STEW AND CHICKEN AND FRUIT 	RICE BALLS WITH PALMNUIT SOUP, TUNA OR KPANLA 	BANKU WITH OKRO SOUP, TUNA AND FRUIT 	JOLLOF WITH VEGETABLE AND CHICKEN 	WAAKYE WITH SAUCE, SAUSAGE AND VEGETABLES 
WEEK 2	RICE WITH PALAVA SAUCE, AGUSHIE AND TUNA AND FRUIT 	RICE BALL WITH GROUNDNUT SOUP, CHICKEN 	BANKU WITH PALMNUIT SOUP, TUNA AND FRUIT 	YAM WITH PALAVA SAUCE AND FISH 	FRIED RICE WITH SAUSAGE AND SAUCE 
WEEK 3	RICE WITH PALAVA SAUCE, AGUSHIE AND TUNA AND FRUIT 	RICE BALLS WITH PALMNUIT SOUP, TUNA OR KPANLA 	BANKU WITH OKRO SOUP, TUNA AND FRUIT 	JOLLOF WITH VEGETABLE AND SAUSAGE 	WAAKYE WITH SAUCE, SAUSAGE AND VEGETABLES 
WEEK 4	RICE WITH GRAVY STEW AND EGG AND FRUIT 	RICE BALL WITH GROUNDNUT SOUP, CHICKEN 	BANKU WITH GROUNDNUT SOUP, TUNA AND FRUIT 	YAM WITH KONTOMIRE STEW 	FRIED RICE WITH VEGETABLES AND CHICKEN 
WEEK 5	RICE WITH GRAVY STEW AND CHICKEN AND FRUIT 	RICE BALLS WITH PALMNUIT SOUP, TUNA OR KPANLA 	BANKU WITH OKRO SOUP, TUNA AND FRUIT 	JOLLOF WITH VEGETABLE AND CHICKEN 	WAAKYE WITH SAUCE, SAUSAGE AND VEGETABLES 
WEEK 6	RICE WITH PALAVA SAUCE, AGUSHIE AND TUNA AND FRUIT 	RICE BALL WITH GROUNDNUT SOUP, CHICKEN 	BANKU WITH PALMNUIT SOUP, TUNA AND FRUIT 	YAM WITH PALAVA SAUCE AND FISH 	FRIED RICE WITH SAUSAGE AND SAUCE 
WEEK 7	RICE WITH PALAVA SAUCE, AGUSHIE AND TUNA AND FRUIT 	RICE BALLS WITH PALMNUIT SOUP, TUNA OR KPANLA 	BANKU WITH OKRO SOUP, TUNA AND FRUIT 	JOLLOF WITH VEGETABLE AND SAUSAGE 	WAAKYE WITH SAUCE, SAUSAGE AND VEGETABLES 
WEEK 8	RICE WITH GRAVY STEW AND EGG AND FRUIT 	RICE BALL WITH GROUNDNUT SOUP, CHICKEN 	BANKU WITH GROUNDNUT SOUP, TUNA AND FRUIT 	YAM WITH KONTOMIRE STEW 	FRIED RICE WITH VEGETABLES AND CHICKEN 
WEEK 9	RICE WITH GRAVY STEW AND CHICKEN AND FRUIT 	RICE BALLS WITH PALMNUIT SOUP, TUNA OR KPANLA 	BANKU WITH OKRO SOUP, TUNA AND FRUIT 	JOLLOF WITH VEGETABLE AND CHICKEN 	WAAKYE WITH SAUCE, SAUSAGE AND VEGETABLES 
WEEK 10	RICE WITH PALAVA SAUCE, AGUSHIE AND TUNA AND FRUIT 	RICE BALL WITH GROUNDNUT SOUP, CHICKEN 	BANKU WITH PALMNUIT SOUP, TUNA AND FRUIT 	YAM WITH PALAVA SAUCE AND FISH 	FRIED RICE WITH SAUSAGE AND SAUCE 
WEEK 11	RICE WITH PALAVA SAUCE, AGUSHIE AND TUNA AND FRUIT 	RICE BALLS WITH PALMNUIT SOUP, TUNA OR KPANLA 	BANKU WITH OKRO SOUP, TUNA AND FRUIT 	JOLLOF WITH VEGETABLE AND SAUSAGE 	WAAKYE WITH SAUCE, SAUSAGE AND VEGETABLES 
WEEK 12	RICE WITH GRAVY STEW AND EGG AND FRUIT 	RICE BALL WITH GROUNDNUT SOUP, CHICKEN 	BANKU WITH GROUNDNUT SOUP, TUNA AND FRUIT 	YAM WITH KONTOMIRE STEW 	FRIED RICE WITH VEGETABLES AND CHICKEN 

APPROVED BY:
KASIM KENDE

NUTRITION OFFICER
SIGN: 
ABURI

Fruits and Vegetable: eg. Oranges, Pineapple, Watermelon, Banana etc. Fruits fight against infections and also a great source of vitamins and minerals.
Staples: eg. Rice, Maize, Wheat, etc. Provides energy for the body.
Proteins: eg. Egg, Fish, Meat, etc. Proteins helps in keeping our cells in shape and makes us grow.