



AKUAPIM SOUTH MUNICIPAL ASSEMBLY SCHOOL FEEDING MENU

2022 ACADEMIC YEAR

MONDAY-MENU I

WAAKYE WITH SHITO AND ORANGE

INGREDIENTS
Rice brown raw
Cowpea white dried raw
Vegetable oil
Tomato paste concentrated
Pepper (chilli raw)
Onion raw
Orange
Garlic raw
Ginger root raw
Anchovy fillet raw
African locust bean seeds dried

MONDAY-MENU II

JOLLOF WITH VEGE AND PINEAPPLE

INGREDIENTS
Rice raw
Cowpea white dried raw
Vegetable oil
Tomato paste concentrated
Pepper (chilli raw)
Onion raw
Pineapple
Garlic raw
Ginger root raw
Tuna grilled
Spring Onions/Cabbage/ Carrots

TUESDAY-MENU I

BANKU WITH PALMNUT SOUP

INGREDIENTS
Corn dough
Cassava flour
Cowpea white dried raw
Tomato paste concentrated
Pepper (chilli raw)
Onion raw
Tomato red ripe raw
Garlic raw
Ginger root raw
Palm nuts
Tuna grilled(without salt and fat)/
Anchovy fillet grilled
African locust bean seeds dried

TUESDAY-MENU II

BANKU WITH OKRO STEW

INGREDIENTS
Corn dough
Cassava flour
Palm oil
Tomato paste concentrated
Pepper (chilli raw)
Onion raw
Tomato red ripe raw
Garlic raw
Ginger root raw
Okra fruit raw, Ayoyo, Boma
Anchovy fillet grilled (without salt and fat)
African locust bean seeds dried

WEDNESDAY-MENU I

GARDEN EGGS STEW WITH AMPESI
(YAM, CASSAVA, PLANTAIN)

INGREDIENTS
Garden eggs
Palm Oil
Yam tuber, Cassava, Plantain
Tomato paste concentrated
Aqushie
Onion raw
Tuna grilled (without salt and fat)
Ginger root raw
Anchovy fillet raw
Africa locust bean seeds dried

WEDNESDAY-MENU II

KONTONMIRE STEW WITH AMPESI
(YAM, CASSAVA, PLANTAIN)

INGREDIENTS
Kontonmire
Palm Oil
Yam tuber, Cassava, Plantain
Tomato paste concentrated
Aqushie
Onion raw
Tuna grilled (without salt and fat)
Ginger root raw
Anchovy fillet raw
Africa locust bean seeds dried

THURSDAY-MENU I

GARI WITH BEAN AND RIPE PLANTAIN

INGREDIENTS
Cowpea dried raw
Gari
Soyabean Quarshiedried raw (Ghana)
Onion raw
Plantain ripe raw
Orange

THURSDAY-MENU II

GARI WITH BEAN AND RIPE PLANTAIN

INGREDIENTS
Cowpea dried raw
Gari
Palm oil red
Soyabean Quarshiedried raw (Ghana)
Onion raw
Pineapple

FRIDAY-MENU I**RICE WITH PALAVA SAUCE**

INGREDIENTS
Rice white raw
Agushie
Cocoyam/Cassava leaves
Tomato paste concentrated
Soyabean Quarshiedried raw (Ghana) n 1
Onion raw
Tomato red ripe raw
Galic raw
Ginger root raw
Palm oil red
Anchovy fillet grilled (without salt and fat)
Africa locust bean seeds dried

FRIDAY-MENU II**RICE WITH GARDEN EGGS STEW**

INGREDIENTS
Rice white raw
Agushie
Garden Eggs
Tomato paste concentrated
Soyabean Quarshiedried raw (Ghana) n 1
Onion raw
Tomato red ripe raw
Galic raw
Ginger root raw
Palm oil red
Anchovy fillet grilled (without salt and fat)
Africa locust bean seeds dried