

WEEK 01

1 OCT — 2 OCT

Each Menu is Served with Daily Fresh Bread

THURSDAY
1ST OCTOBER

SCHOOL HOLIDAY

No meal service

FRIDAY
2ND OCTOBER

STARTER

Tomato Cucumber Salad | Chickpeas | Vinaigrette Sauce

MAIN COURSE

Beef Croquette in Gravy

SIDE DISH

Potato Gratin Dauphinois | Aubergine Zucchini Patties | Sautéed Seasonal Veg

DESSERT

Sliced Banana and Apple Cinnamon Sprinkle

WEEK 02

5 OCT — 9 OCT

Each Menu is Served with Daily Fresh Bread

MONDAY 5TH OCTOBER	TUESDAY 6TH OCTOBER	WEDNESDAY 7TH OCTOBER	THURSDAY 8TH OCTOBER	FRIDAY 9TH OCTOBER
STARTER Greek Salad Feta Cheese Olive Oil lemon dressing Herb Pita Bread	STARTER Carrot Soup Cabbage & Cucumber Salad	STARTER Pasta Salad Mayo Sauce	STARTER Sweet Corn Soup Green Salad in Vinaigrette sauce	STARTER Cucumber German Salad
MAIN COURSE Grilled Chicken Escaloppe served with Beshamel Sauce	MAIN COURSE Potato Minced Beef Pie (Hashis parmentier)	MAIN COURSE Beef Potato Cubes Casserole in Gravy sauce	MAIN COURSE Grilled Fish Fillet in Teryaki Sauce	MAIN COURSE Beef Lasagna
SIDE DISH Steamed Rice Fussili Pasta in Tomato Sauce Sauteed Seasonal Veg	SIDE DISH Egg Fried Rice Pot Sauteed Seasonal Vegetables	SIDE DISH Mini Pizza Jollof Rice Sauteed Seasonal Vegetables	SIDE DISH Chicken Penne Pasta Cream Sauce Fried Plantain Sauteed Seasonal Veg	SIDE DISH Plain Omelette Served with black Beans Sauce Sauteed Seasonal Veg
DESSERT Lazy Cake	DESSERT Tropical Fruits Salad	DESSERT Crepe au Chocolate	DESSERT Apple Crumble	DESSERT Watermelon and Orange Slice

WEEK 03

12 OCT — 16 OCT

Each Menu is Served with Daily Fresh Bread

MONDAY 12TH OCTOBER	TUESDAY 13TH OCTOBER	WEDNESDAY 14TH OCTOBER	THURSDAY 15TH OCTOBER	FRIDAY 16TH OCTOBER
STARTER Tomato Soup served with Herb Pita Bread Green Salad Mayo Sauce	STARTER Spinach Pie Yoghurt Cucumber Salad	STARTER Coleslow Salad Minestrone soup	STARTER Nicoise Salad Hard Boiled Egg	STARTER Croque Monsieur mini Sandwich Green Lettuce Salad
MAIN COURSE Chicken Stir Fry Teryaki Sauce	MAIN COURSE Roasted Rosemary chicken Drumsticks served with Gravy	MAIN COURSE Beef Escaloppe served with Tomato Sauce	MAIN COURSE Chicken Beef Suya Skewers	MAIN COURSE Beef Stroganoff
SIDE DISH Steamed Rice Mac and cheese Sauteed Seasonal Veg	SIDE DISH Sweet Potato Mash Jolof Rice Sauteed Seasonal Veg	SIDE DISH Hash Brown Sweet Potato Spaghetti in herb Butter Sauteed Seasonal Veg	SIDE DISH Fried Plantain Fried Yam Fries Tomato Relish Jollof Rice	SIDE DISH Pilaf Rice Sauteed Sweet Potato Cube in Herbs Sauteed Seasonal Veg
DESSERT Carrot Cake Fruit Salad	DESSERT Chocolate Sandwich Banana Slice	DESSERT Strawberry Jellow Banana Slice	DESSERT Mini Chocolate and Vanilla Éclair Bleu Blanc Rouge	DESSERT Sliced Tropical Fruits Chocolate Cake

WEEK 04

19 OCT — 23 OCT

Each Menu is Served with Daily Fresh Bread

MONDAY
19TH OCTOBER

SCHOOL HOLIDAY
No meal service

TUESDAY
20TH OCTOBER

SCHOOL HOLIDAY
No meal service

WEDNESDAY
21ST OCTOBER

SCHOOL HOLIDAY
No meal service

THURSDAY
22ND OCTOBER

SCHOOL HOLIDAY
No meal service

FRIDAY
23RD OCTOBER

SCHOOL HOLIDAY
No meal service

WEEK 05

26 OCT — 30 OCT

Each Menu is Served with Daily Fresh Bread

MONDAY

26TH OCTOBER

SCHOOL HOLIDAY

No meal service

TUESDAY

27TH OCTOBER

SCHOOL HOLIDAY

No meal service

WEDNESDAY

28TH OCTOBER

SCHOOL HOLIDAY

No meal service

THURSDAY

29TH OCTOBER

SCHOOL HOLIDAY

No meal service

FRIDAY

30TH OCTOBER

SCHOOL HOLIDAY

No meal service