	GRANGE SCHOOL MENU (WEEK FIVE) BREAKFAST										
Cycle 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
CEREAL	Corn flakes	Coco pops	Rice krispies	Golden morn	Rice krispies	Cornflakes	Corn flakes				
HOT BREAKEFAST	Chips and Egg Sauce, French Toast,	Oatmeal. Egg Burger, Fried Plantain with Egg Sauce , Sausages, sliced bread or bread rolls, baked beans, Hot chocolate.	Pan Cakes, grilled	Waffles and Plain Omellettes, bread rolls, baked beans,	Fried Plantain with Tomato Sauce,Oatmeal, sausage, Scrambled Eggs, Sunnyside up. Bread Basket, sliced bread, baked beans, Hot chocolate	Akara and Ogi or Custard, Boiled Eggs, Spanish Omellettes grilled sausage, sliced bread , baked beans, Hot chocolate.	Fried Plantain with Egg Sauce Oatmeal, sandwiches, Egg Turnover. baked beans, Hot chocolate.				
FRUIT						Seasonal fruit	Seasonal fruit				

		GRAN	GE SCHOOL M	ENU (WEEK FIV	E) LUNCH		
Cycle 1	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/Steamed 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

	GRANGE SCHOOL MENU (WEEK FIVE) DINNER											
CYCLE 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
NATIONAL		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/fish					
WORLD	Singaporean Noodles with Shredded Chicken	Chinese Rice With Shredded Chicken	Saute' Potatoes with grilled Chicken	RICE WITH (-rilled	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					

	GRANGE SCHOOL MENU (WEEK SIX) BREAKFAST										
Cycle 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
CEREAL	Corn flakes	Coco pops	Rice krispies	Golden morn	Rice krispies	Cornflakes	Corn flakes				
HOT BREAKEFAST		Oatmeal. Egg Burger, Fried Plantain with Egg Sauce , Sausages, sliced bread or bread rolls, baked beans, Hot chocolate.	Pan Cakes, grilled	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, sliced bread, baked beans, Hot chocolate	Akara and Ogi or Custard, Boiled Eggs, Spanish Omellettes grilled sausage, sliced bread , baked beans, Hot chocolate.	Fried Plantain with Egg Sauce Oatmeal, sandwiches, Egg Turnover. baked beans, Hot chocolate.				
FRUIT											

		GRAN	GE SCHOOL M	NENU (WEEK SIX	() LUNCH		
Cycle 1	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/steamed 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

	GRANGE SCHOOL MENU (WEEK SIX) DINNER											
CYCLE 1	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					

	GRANGE SCHOOL MENU (WEEK SEVEN) BREAKFAST											
Cycle 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
CEREAL	Corn flakes	Coco pops	Rice krispies	Golden morn	Cornflakes	Rice krispies	Corn flakes					
HOT BREAKEFAST	Yam Chips and Egg Sauce, French Toast, Fried Eggs, sausage, sliced bread or bread rolls, baked beans,	Plantain with Egg Sauce , Sausages, sliced bread or bread rolls, baked beans Hot	Akara and Ogi or Custard. Boiled Eggs. Pancakes, grilled sausage, bread rolls, baked beans, Hot chocolate	Sauce. Waffles and Plain Omellettes, bread rolls, baked beans	sauce, Oatmeal, sausage, Scrambled Eggs, Sunnyside up.	Akara and Ogi or Custard, Boiled Eggs, Spanish Omellettes grilled sausage, sliced bread , baked beans, Hot chocolate.	Fried Plantain with Egg Sauce Oatmeal, sandwiches, Egg Turnover. baked beans, Hot chocolate.					
FRUIT												

	GRANGE SCHOOL MENU (WEEK SEVEN) LUNCH										
Cycle 1	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	I SAMO WITH ACIDS	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				

	GRANGE SCHOOL MENU (WEEK SEVEN) DINNER											
CYCLE 1	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		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	Shreadea Chicken	Stir fry Spaghetti with Meat Balls	snarwarma with Chins	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					

	GRANGE SCHOOL MENU (WEEK EIGHT) BREAKFAST										
Cycle 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
CEREAL	Corn flakes	Coco pops	Cornflakes	Golden morn	Cornflakes	Cornflakes	Golden Morn				
HOT BREAKEFAST	Yam Chips and Egg Sauce, French Toast, Fried Eggs, sausage, sliced bread or bread rolls, baked beans,	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	Sauce. Waffles and Plain Omellettes, bread rolls, baked beans	Fried Plantain with Tomato Sauce,Oatmeal, sausage, Scrambled Eggs, Sunnyside up. Croissant and Chocolate Brioche, baked beans, Hot chocolate	Custard Rolled Faas	Fried Plantain with Egg Sauce Oatmeal, sandwiches, Egg Turnover. baked beans, Hot chocolate.				
FRUIT											

		GRANG	SE SCHOOL MI	ENU (WEEK EIG	HT) LUNCH		
Cycle 1	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	Amala served with okro and stew. Fried Beef.	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

	GRANGE SCHOOL MENU (WEEK EIGHT) DINNER											
CYCLE 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
NATIONAL	Poundo yam and edikaikong soup served with beef and Fish	DIAMA SALICE		Semo with Egusi Soup and Beef.	Moi Moi and Eko with Chicken	Coconut Rice with beef	Eba served with Okro soup and beef					
15(1) (1) (1)	Singaporean Noodles with Shredded Chicken	Chicken Pepper Soun with Bread Polls	Shredded Chicken	with grilled	Baked Macaroni with Grilled Chicken	Shawarma with French Fries	Yam Pottage with chicken					
SIDE	Sauteed spinach	Plantain/Salaa	Sauteed spinach/ steamed veg	Coleslaw	Salad	Vegetable salad	Spinach					
DESSERT	Sweets/ fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits					