

GRANGE SCHOOL MENU (WEEK NINE) BREAKFAST

Cycle 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CEREAL	Cornflakes	Coco pops	Rice krispies	Golden morn	Rice krispies	Cornflakes	Cornflakes
HOT BREAKFAST	Oatmeal. Fried Yam Chips and Egg Sauce, Pancakes, Fried Eggs, sausage, sliced bread or bread rolls, baked beans, Hot chocolate	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. French Toast, grilled sausage, bread rolls, baked beans, Hot chocolate	Oatmeal. Fried Yam Chips/ Egg Sauce. Waffles and Plain Omellettes, bread rolls, baked beans , Hot chocolate.	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

GRANGE SCHOOL MENU (WEEK NINE) 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/ Pounded yam or Eba with Egusi / Okro soup/ Beef and Fish Stew	Semo/ Eba with Edikaikong/Ogbono / 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	Chicken Pepper Soup with Bread Rolls. 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 NINE) DINNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NATIONAL	Eba served with Okro soup with chicken/beef/fish	Edikaikong Soup with Eba	Semo served with Egusi with Chicken/beef/fish	Nigerian Fried Rice with Grilled Chicken	Moi moi with Eko	ofada stew served with white rice	Pounded yam and edikaikong soup with chicken/beef/fish
FOOD OF THE WORLD	Baked Macaroni with Grilled Chicken	Chinese Rice with Shredded Chicken	Roast Potatoes	Chicken pepper soup with bread rolls	Stir Fry Spaghetti	Chicken and Chips	Chef's night
SIDE	Salad	Salad	Steamed Veg.	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 TEN) BREAKFAST

Cycle 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CEREAL	Cornflakes	Coco pops	Rice krispies	Golden morn	Rice krispies	Cornflakes	Cornflakes
HOT BREAKFAST	Oatmeal. Fried Yam Chips and Egg Sauce, Pancakes, Fried Eggs, sausage, sliced bread or bread rolls, baked beans, Hot chocolate	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. French Toast, grilled sausage, bread rolls, baked beans, Hot chocolate	Oatmeal. Fried Yam Chips/ Egg Sauce. Waffles and Plain Omellettes, bread rolls, baked beans , Hot chocolate.	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.

GRANGE SCHOOL MENU (WEEK TEN) LUNCH

Cycle 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NATIONAL	Semo or Wheat served with Eforiro and okro. Fried Beef and Fish	Ewa Agoyin and bread or plantain/ semo or Eba served with Bitterleaf or Ogbono soup. Fried Beef and Fish	Yam Pottage/ 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 with Egg Sauce, Corned Beef Sauce and Chicken Nuggets.	Tomato Pasta or Singaporean Noodles with Diced Chicken.	Chicken Pepper Soup with Bread Rolls. 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 ELEVEN) BREAKFAST

Cycle 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CEREAL	Cornflakes	Coco pops	Rice krispies	Golden morn	Rice krispies	Cornflakes	Cornflakes
HOT BREAKFAST	Oatmeal. Fried Yam Chips and Egg Sauce, Pancakes, Fried Eggs, sausage, sliced bread or bread rolls, baked beans, Hot chocolate	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. French Toast, grilled sausage, bread rolls, baked beans, Hot chocolate	Oatmeal. Fried Yam Chips/ Egg Sauce. Waffles and Plain Omellettes, bread rolls, baked beans , Hot chocolate.	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.

GRANGE SCHOOL MENU (WEEK ELEVEN) 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	Ewa Agoyin with Bread / 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	Semo with egusi soup	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	Beef Burger and chips	Chicken Pepper Soup with Bread Rolls. 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 TWELVE) BREAKFAST

Cycle 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CEREAL	Cornflakes	Coco pops	Rice krispies	Golden morn	Rice krispies	Cornflakes	Cornflakes
HOT BREAKFAST	Oatmeal. Fried Yam Chips and Egg Sauce, Pancakes, Fried Eggs, sausage, sliced bread or bread rolls, baked beans, Hot chocolate	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. French Toast, grilled sausage, bread rolls, baked beans, Hot chocolate	Oatmeal. Fried Yam Chips/ Egg Sauce. Waffles and Plain Omellettes, bread rolls, baked beans , Hot chocolate.	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.

GRANGE SCHOOL MENU (WEEK TWELVE) 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	Spaghetti Bolognaise	Oriental Rice with Chicken Kebabs	Hotdog 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/salad	salad	moimoi or dodo/salad/Steamed 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 TWELVE) DINNER

	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	Coconut Rice and Beef
FOOD OF THE WORLD	Yam Piccata with Chicken tomato Sauce	Chicken wrap with Chips	Singaporean Noodles with shredded Chicken	Beef Suya with Suya Rice	Stir Fry Spaghetti with Grilled Chicken	Boiled Ripe Plantain/ Stew with Grilled Chicken	Chicken and Chips
SIDE	Steamed veg	chef's Salad/ Plantain	Salad	Salad	Salad	Spinach	chef's Salad
DESSERT	sweets/ fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits	Seasonal Fruits