

	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	MAIN MEAL	Native Rice Smoked fish Vegetables	Jollof rice Chicken Vegetables	Beef and Vegetable Stir-fry Spaghetti	Yam Chicken Sauce Vegetables	Garri/Semolina Egusi soup
WEEK 2	MAIN MEAL	Sweet Potato Porridge Smoked fish Vegetables	Jollof Macaroni Fish Vegetables	Garri/Semolina and Egusi soup	Moi-Moi Fish Plantain	Jollof Rice Boiled Eggs Vegetables
WEEK 3	MAIN MEAL	Pasta Tomato Sauce Beef	Steamed White Rice Chicken curry Sauce Vegetables	Bean Porridge Fish Plantains	Yam chips Egg Sauce Vegetables	Garri/Semolina Okra soup
WEEK 4	MAIN MEAL	Coconut rice Beef Vegetables	Moi-Moi Fish Plantain	Jollof Spaghetti Boiled egg Vegetables	Garri/Semolina Vegetable soup	Sweet potato Plantain Egg sauce

Note: Pupils are required to bring water bottles to avoid water breaks and distractions during class. The school will still provide drinking water.



First Term Food Menu