

<u>DAYS</u>	<u>MORNING TEA BREAK</u>	<u>LUNCH</u>
<b>MONDAY</b>	Tuna Sandwich	<u>SALAD</u>
	Banana Cake	Ghanaian Mixed Salad
		<u>MAIN COURSES</u>
		Shredded Beef in Vegetable Sauce
		Fish Garden Egg Stew
		Groundnut Soup
		Omotuo (Rice Balls)
		Vegetable Rice
		Boiled Yam
		Soft Kelewele
		<u>DESSERT</u>
	Watermelon Chops	
<b>TUESDAY</b>	Chicken Sandwich	<u>SALAD</u>
	Croissant	Mixed Green Salad
		<u>MAIN COURSES</u>
		Crispy Fried Chicken
		Fish in Vegetable Sauce
		Jollof Rice
		Goat Light Soup
		Fufu
		White Steamed Rice
		Soft Kelewele
		<u>DESSERT</u>
	Pineapple Chops	
<b>WEDNESDAY</b>	Doughnuts	<u>SALAD</u>
	Egg Sandwich	Potato Salad
		<u>MAIN COURSES</u>
		Grilled Chicken Pieces
		Crispy Fried Fish
		Grilled Chicken Pieces
		Steamed Rice
		Waakye & Accompaniment
		Ga Kenkey & Fish
		Gravy/Shito/Green Sauce
		Soft Kelewele
	<u>DESSERT</u>	
	Paw Paw Chops	