

Bon Appétit



MENU

Days of the Week	Breakfast	Lunch	Dinner
Monday	Beanball & Pap	Boiled yam & Green veggies with fish sauce	Baked egg Custard
Tuesday	Cereal & Milk	Jollof Rice & veggies with beef	Pancake with syrup & hot choco
Wednesday	Butter bread & Quaker oats	Amala & Ewedu with fish stew	Fried Plantain with sauce
Thursday	Bread, egg and hot choco	Mixed pasta with Colestraw and beef	Boiled Potatoes with sauce
Friday	Cereal & Milk	Beans and plantain with stew	Egg sandwich with choco