

|           | Sunday   | Monday  | Tuesday                                   | Wednesday                        | Thursday                         | Friday  | Saturday                       |
|-----------|--|---|---|----------------------------------|----------------------------------|---|--------------------------------|
| Breakfast | Bread / Yam with Baked beans, bacon sausages & omelette<br>Tea | Cereal or Toastie<br>Peanut butter or Nutella<br>Milk | Bread, Eggs & Sausages                    | Chicken & Cheese Toastie<br>Tea  | Cereal                           | Bread, Eggs & Sausages<br>Milk                  | Egg Toastie<br>Tea             |
| Lunch     | Rice +/- Beans +/- Plantain<br>Ribena                          | Chicken : Potato Pottage<br>Juice                     | Chicken / Ham, Cheese sandwiches<br>Water | Rice + Mixed Veg + stew<br>Water | Chips + chicken nuggets<br>Juice | Mash Potato + Fish fingers + Mixed veg<br>Water | Fried or Jolloff Rice<br>Water |
| Dinner    | Pasta + Mixed veg  | Sausage & Mash  | okele (Swallow)<br>Water                  | Fish & Chips<br>Juice            | okele (Swallow)<br>Water         | Pizza or Chinese T/A<br>Juice                   | Spaghetti + grill + mixed veg  |
| Tea       | Milk + vitamins  | 1 biscuit + Actimel                                   | 1 drum stick                              | Milk + vitamins                  | Fruits                           | 1 biscuit + Actimel                             | Milk + vitamins                |

Fish stew  
Chicken stew  
Beef stew

Ewedu  
Okro  
Bananas

Mixed veg  
Sardines  
Vitamins

Cereals  
Oats  
Pasta







