



EAT RIGHT THINK BRIGHT  
 HEALTHY FOOD WEALTHY MOOD  
 EAT BETTER FEEL BETTER  
 MAKE FRIENDS WITH VEGGIES

THE *elite* JOB  
 YOUR SCHOOL FOOD PROVIDER  
 HEALTHY EATING SCHOOL CANTEEN -Bon Appétit



CAMPUS II MENU – FEBRUARY / MARCH 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>26</p> <p><b>Snack:</b> Eggs Sandwich Drink</p> <p><b>Lunch:</b> Beef Goulash Rice Dessert</p>	<p>27</p> <p><b>Snack:</b> Turkish Breakfast Drink</p> <p><b>Lunch:</b> Swedish Meatball Spaghetti / Carrot Dessert</p>	<p>28</p> <p><b>Snack:</b> Cake / Yogurt</p> <p><b>Lunch:</b> Chicken DG  Dessert</p>	<p>29</p> <p><b>Snack:</b> Pasted Bread/ Drink</p> <p><b>Lunch:</b> Fish in the pan Bobolo / Vegetable Dessert</p>	<p>01</p> <p><b>Snack:</b> Vegetable Salad Bread / Drink</p> <p><b>Lunch:</b> Hamburger French Fries / Salad Juice</p>
<p>04</p> <p><b>Snack:</b> Stuffed Bread Drink</p> <p><b>Lunch:</b> Spaghetti Bolognaise  Dessert</p>	<p>05</p> <p><b>Snack:</b> Fruit salad / Yogourt</p> <p><b>Lunch:</b> Chicken Ndomba Steamed plantain Dessert</p>	<p>06</p> <p><b>Snack:</b> Puff- Puff / Beans</p> <p><b>Lunch:</b> Thinly sliced Meat Macaroni / Zucchini Dessert</p>	<p>07</p> <p><b>Snack:</b> Pancake / Drink</p> <p><b>Lunch:</b> Fried Chicken Herb sauce Vegetables Rice</p>	<p>08</p> <p><b>Snack:</b> Cereals breakfast Bread</p> <p><b>Lunch:</b> Meat ball sub French fries / Salad Juice</p>
<p>11</p> <p><b>Snack:</b> Marbled Cake Drink</p> <p><b>Lunch:</b> Stir-fry Beef onions Turmeric Rice / plantains chips Dessert</p>	<p>12</p> <p><b>Snack:</b> Sausage Salad / Bread Drink</p> <p><b>Lunch:</b> Chicken Stir-fry Pasta  Dessert</p>	<p>13</p> <p><b>Snack:</b> Waffle / Drink</p> <p><b>Lunch:</b> Meat Ndole Fried Plantain Dessert</p>	<p>14</p> <p><b>Snack:</b> Fry Eggs / Bread Drink</p> <p><b>Lunch:</b> Grilled Fish Bobolo Dessert</p>	<p>15</p> <p><b>Snack:</b> Chocolate Bread Drink</p> <p><b>Lunch:</b> German schnitzel French fries / Salad Juice</p>
<p>18</p> <p><b>Snack:</b> Twisted donut / Drink</p> <p><b>Lunch:</b> Party jollof rice  Dessert</p>	<p>19</p> <p><b>Snack:</b> Crepe / Drink</p> <p><b>Lunch:</b> Minced meat Eggplants Fry Plantain Dessert</p>	<p>20</p> <p><b>Snack:</b> Puff- Puff / Pap</p> <p><b>Lunch:</b> Spaghetti Napoli Garlic Bread / Salad Dessert</p>	<p>21</p> <p><b>Snack:</b> Carrot Cake / Drink</p> <p><b>Lunch:</b> Grilled Chicken Bobolo / Carrot Dessert</p>	<p>22</p> <p><b>Snack:</b> Avocado Salad /bread Drink</p> <p><b>Lunch:</b> Chawarma French Fries /Salad Juice</p>

Food Group: Blue: milk product - Brown: starch-cereal - Red: meat-fish-eggs – beans Green: fruits-vegetable - Pink: sugar product - Yellow: country