



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



MENU – FEBRUARY / MARCH 2024

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