

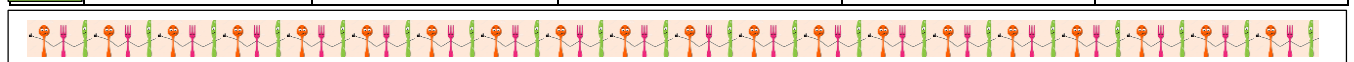


HEALTHY EATING SCHOOL CANTEEN

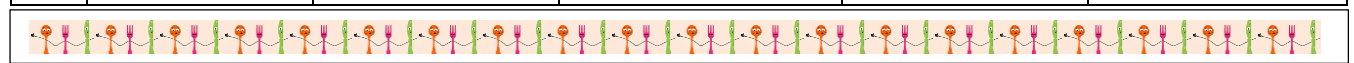
MENU - OCTOBER 2024

BON APPETIT

	MONDAY 30th	TUESDAY 1st	WEDNESDAY 2nd	THURSDAY 3rd	FRIDAY 4th
SNACK	Garnished fried egg Bread / Drink	Twisted donut Drink	Puff-puff / Beans	Pancake, Drink	Breakfast on the stick Drink
LUNCH	Chili con carne Rice / Chips	Meat stir-fry potato	Meatball Spaghetti Salad	Sausage white beans / Fried plantain	German snitchzel French fries' salad
	Dessert	Dessert	Dessert	Dessert	Drink



	MONDAY 7th	TUESDAY 8th	WEDNESDAY 9th	THURSDAY 10th	FRIDAY 11th
SNACK	Pizza bread Drink	Crepe / Drink	Chocolate Bread Drink	Cornflakes Bread	Avocado salad Bread
LUNCH	Meat Stir-fry Macaroni Garlic bread	Grilled Chicken Vegetable cub potato	Minced meat Fried plantain Eggplant	Party jollof Rice	Hot dog French fries Salad
	Dessert	Dessert	Dessert	Dessert	Dessert



	MONDAY 14th	TUESDAY 15th	WEDNESDAY 16th	THURSDAY 17th	FRIDAY 18th
SNACK	Waffle / Drink	Sausage Sandwich / Drink	Puff-puff / Pap	Fried eggs/ Bread Drink	Sugar donut Drink
LUNCH	Spaghetti bolognese, Salad	Chicken Stir-fry potato	Eru / Gari	Provincial Meatball Fried plantain	Pizza French fries Salad
	Dessert	Dessert	Dessert	Dessert	Drink



	MONDAY 21st	TUESDAY 22nd	WEDNESDAY 23rd	THURSDAY 24th	FRIDAY 25th
SNACK	Garnished bread Drink	Plain crepe / Drink	Mixed salad Bread Drink	Fry Eggs Bread Drink	Corn Flakes / Bread
LUNCH	Meat ball Stir-fry pasta	Stir-fry cabbage Fried plantain	Thinly sliced meat Rice	Fried fish, Veggies Baked potato	KFC, Salad French fries
	Dessert	Dessert	Dessert	Dessert	Drink

Food Group:

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

100% HALAL

Meat supplier: Supermarket
Chicken supplier: Partner farm



EAT RIGHT THINK BRIGHT

HEALTHY FOOD WEALTHY MOOD

EAT BETTER FEEL BETTER

MAKE FRIENDS WITH VEGGIES

This menu is subject to change depending on availability of products in the market.