

DATE/ (16 days)	Monday	Tuesday	Wednesday	Thursday	Friday/ German Unity Day
1 st Oct -3 rd Oct			Pasta Ragu /(alt. white rice and ragu)	NO SCHOOL / Teacher Training Day	HOLIDAY
DESSERT			BANANA	-	-
6 th Oct - 10 th Oct	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
13 th Oct -17 th Oct	Jollof & fish bites	Chicken bites Fried Potato Cubes & green peas	Rice balls and palmnut soup	Beans & Plantain & White rice	Lasagna
DESSERT	ORANGE SLICES	WATERMELON	PANCAKE	YOGURT	PINEAPPLE

DATE	Monday	Tuesday	Wednesday	Thursday	Friday
20th Oct - 24 th Oct	Rice and Chili con Carne	Pizza Different toppings	Fried Yam & Fish bites & Veggies	Mac & Cheese	Baked Potatoes, chicken sausage and green peas
DESSERT	WATERMELON	ORANGE	BANANA	PINEAPPLE	MANGO
27 th Oct -31 th Oct	Beef & Veggie sauce with white rice	Chicken skewers , sweet potatoes & steam veg	Rice balls and palmnut soup	Fried plantain. beans and white rice	Pizza Different toppings
DESSERT	ORANGE SLICES	APPLE SLICES	PANCAKE	WATERMELON	PINEAPPLE