

# School Menu for 1st Term (October) 2025/2026

| DATE                          | WEEK   | MENU                                     |
|-------------------------------|--------|------------------------------------------|
| 1 <sup>st</sup> October 2025  | Week 4 | Boiled yam with garden-egg stew with egg |
| 2 <sup>nd</sup> October 2025  | Week 4 | Jollof with Chicken                      |
| 3 <sup>rd</sup> October 2025  | Week 4 | Banku and Okro soup with chicken         |
| 6 <sup>th</sup> October 2025  | Week 5 | Rice with tomato stew and gizzard        |
| 7 <sup>th</sup> October 2025  | Week 5 | Spaghetti stir fry                       |
| 8 <sup>th</sup> October 2025  | Week 5 | Yam and potato chips with gizzard        |
| 9 <sup>th</sup> October 2025  | Week 5 | Jollof with chicken                      |
| 10 <sup>th</sup> October 2025 | Week 5 | Fufu with light soup and chicken         |
| 13 <sup>th</sup> October 2025 | Week 6 | Waakye with stew and egg                 |
| 14 <sup>th</sup> October 2025 | Week 6 | Spaghetti stir fry                       |
| 15 <sup>th</sup> October 2025 | Week 6 | Boiled yam with Palava sauce and egg     |
| 16 <sup>th</sup> October 2025 | Week 6 | Fufu and light soup with chicken         |
| 17 <sup>th</sup> October 2025 | Week 6 | Jollof with chicken                      |
| 20 <sup>th</sup> October 2025 | Week 7 | Plain rice with stew and egg             |
| 21 <sup>st</sup> October 2025 | Week 7 | Spaghetti stir fry                       |
| 22 <sup>nd</sup> October 2025 | Week 7 | Yam and potato chips with gizzard        |
| 23 <sup>rd</sup> October 2025 | Week 7 | Jollof with chicken                      |
| 24 <sup>th</sup> October 2025 | Week 7 | Banku and Okro soup with chicken         |

**NOTE:** Based on information provided by parents in advance, a special diet will be arranged for children with allergies