



MENU FOR 1ST WEEK

Week 1

Tuesday, January 13, 2026	Plain rice with stew and egg
Wednesday, January 14, 2026	Spag stir fried
Thursday, January 15, 2026	Banku with Okro soup and chicken
Friday, January 16, 2026	Jollof with chicken

MENU FROM 2ND WEEK TO 8TH WEEK**Week 2**

Monday, January 19, 2026	Waakye with stew and egg
Tuesday, January 20, 2026	Boiled yam with egg stew
Wednesday, January 21, 2026	Plain rice with stew and sausages
Thursday, January 22, 2026	Banku with Okro soup and chicken
Friday, January 23, 2026	Jollof with gizzard

Week 3

Monday, January 26, 2026	Plain rice with stew and sausages
Tuesday, January 27, 2026	Spag stir fried
Wednesday, January 28, 2026	Waakye with stew and egg
Thursday, January 29, 2026	Fufu with chicken light soup
Friday, January 30, 2026	Jollof with chicken

Week 4

Monday, February 2, 2026	Beans and plantain
Tuesday, February 3, 2026	Plain rice with stew and gizzard
Wednesday, February 4, 2026	Spag stir fried
Thursday, February 5, 2026	Fufu with chicken light soup
Friday, February 6, 2026	Jollof with chicken

Week 5

Monday, February 9, 2026	Plain rice with stew and egg
Tuesday, February 10, 2026	Spag stir fried
Wednesday, February 11, 2026	Waakye with stew and sausages
Thursday, February 12, 2026	Banku with Okro soup and chicken
Friday, February 13, 2026	Jollof with chicken

Week 6

Monday, February 16, 2026	Beans and plantain
Tuesday, February 17, 2026	Plain rice with stew and gizzard
Wednesday, February 18, 2026	Spag stir fried
Thursday, February 19, 2026	Banku with Okro soup and chicken
Friday, February 20, 2026	Jollof with chicken

Week 7

Monday, February 23, 2026	Plain rice with stew and gizzard
Tuesday, February 24, 2026	Spag stir fried
Wednesday, February 25, 2026	Waakye with stew and egg
Thursday, February 26, 2026	Fufu with chicken light soup
Friday, February 27, 2026	Fried rice with chicken

Week 8

Monday, March 2, 2026	Waakye with stew and sausages
Tuesday, March 3, 2026	Spag stir fried
Wednesday, March 4, 2026	Plain rice with stew and gizzard
Thursday, March 5, 2026	Fufu with chicken light soup