

MENU FOR FIRST TERM OF 2026/2027 ACADEMIC YEAR

DATE	MENU
WEEK 1	
Tuesday, 8 September 2026	RICE WITH STEW AND GIZZARD
Wednesday, 9 September 2026	SPAGHETTI STIR FRIED
Thursday, 10 September 2026	BANKU WITH OKRO STEW
Friday, 11 September 2026	JOLLOF WITH CHICKEN
WEEK 2	
Monday, 14 September 2026	BEANS WITH PLANTAIN
Tuesday, 15 September 2026	RICE WITH GIZZARD
Wednesday, 16 September 2026	SPAGHETTI STIR FRIED
Thursday, 17 September 2026	FUFU WITH CHICKEN LIGHT SOUP
Friday, 18 September 2026	FRIED RICE WITH CHICKEN
WEEK 3	
Tuesday, 22 September 2026	BOILED YAM WITH PALAVA SAUCE AND EGG
Wednesday, 23 September 2026	BRAISED RICE WITH FRIED EGG AND SAUCE
Thursday, 24 September 2026	BANKU WITH OKRO STEW
Friday, 25 September 2026	JOLLOF RICE WITH CHICKEN
WEEK 4	
Monday, 28 September 2026	RICEBALLS WITH PALMNUIT SOUP
Tuesday, 29 September 2026	BEANS WITH PLANTAIN
Wednesday, 30 September 2026	RICE WITH GIZZARD
Thursday, 1 October 2026	FUFU WITH CHICKEN LIGHT SOUP
Friday, 2 October 2026	FRIED RICE WITH CHICKEN
WEEK 5	
Monday, 5 October 2026	BRAISED RICE WITH FRIED EGG AND SAUCE
Tuesday, 6 October 2026	SPAGHETTI STIR FRIED
Wednesday, 7 October 2026	BOILED YAM WITH EGG STEW
Thursday, 8 October 2026	BANKU WITH OKRO STEW
Friday, 9 October 2026	JOLLOF RICE WITH CHICKEN
WEEK 6	
Monday, 12 October 2026	WAAKYE WITH STEW AND EGG
Tuesday, 13 October 2026	BOILED YAM WITH GARDEN EGG STEW
Wednesday, 14 October 2026	RICE WITH GIZZARD
Thursday, 15 October 2026	FUFU WITH CHICKEN LIGHT SOUP
Friday, 16 October 2026	FRIED RICE WITH CHICKEN
WEEK 7	
Thursday, 22 October 2026	BANKU WITH OKRO STEW
Friday, 23 October 2026	JOLLOF RICE WITH CHICKEN
WEEK 8	
Monday, 26 October 2026	BRAISED RICE WITH GIZZARD AND SAUCE
Tuesday, 27 October 2026	BOILED YAM WITH PALAVA SAUCE AND EGG
Wednesday, 28 October 2026	WAAKYE WITH STEW AND EGG

Thursday, 29 October 2026	FUFU WITH CHICKEN LIGHT SOUP
Friday, 30 October 2026	FRIED RICE WITH CHICKEN
WEEK 9	
Monday, 2 November 2026	WAAKYE WITH STEW AND EGG
Tuesday, 3 November 2026	SPAGHETTI STIR FRIED
Wednesday, 4 November 2026	BRAISED RICE WITH FRIED EGG AND SAUCE
Thursday, 5 November 2026	BANKU WITH OKRO STEW
Friday, 6 November 2026	JOLLOF WITH CHICKEN
WEEK 10	
Monday, 9 November 2026	RICEBALLS WITH PALMNUT SOUP
Tuesday, 10 November 2026	BEANS WITH PLANTAIN
Wednesday, 11 November 2026	BOILED YAM WITH EGG STEW
Thursday, 12 November 2026	FUFU WITH CHICKEN LIGHT SOUP
Friday, 13 November 2026	FRIED RICE WITH CHICKEN
WEEK 11	
Monday, 16 November 2026	WAAKYE WITH STEW AND EGG
Tuesday, 17 November 2026	SPAGHETTI STIR FRIED
Wednesday, 18 November 2026	BRAISED RICE WITH GIZZARD AND SAUCE
Thursday, 19 November 2026	BANKU WITH OKRO STEW
Friday, 20 November 2026	JOLLOF RICE WITH CHICKEN
WEEK 12	
Monday, 23 November 2026	BRAISED RICE WITH FRIED EGG AND SAUCE
Tuesday, 24 November 2026	BOILED YAM WITH GARDEN EGG STEW
Wednesday, 25 November 2026	BEANS WITH PLANTAIN
Thursday, 26 November 2026	FUFU WITH CHICKEN LIGHT SOUP
Friday, 27 November 2026	FRIED RICE WITH CHICKEN
WEEK 13	
Monday, 30 November 2026	WAAKYE WITH STEW AND EGG
Tuesday, 1 December 2026	SPAGHETTI STIR FRIED
Wednesday, 2 December 2026	BRAISED RICE WITH FRIED EGG AND SAUCE
Thursday, 3 December 2026	BANKU WITH OKRO STEW
WEEK 14	
Monday, 7 December 2026	SPAGHETTI STIR FRIED
Tuesday, 8 December 2026	BOILED YAM WITH EGG STEW
Wednesday, 9 December 2026	BEANS WITH PLANTAIN
Thursday, 10 December 2026	FRIED RICE WITH CHICKEN

