



GERMAN INTERNATIONAL SCHOOL
CANTEEN 'MEALS' MENU



NURSERY MEAL
KINDERGARTEN MEAL
PRIMARY MEAL

LUNCH MEALS : 15 - 19 APRIL

			DESSERT:
MONDAY:	SHREDDED BEEF + PLAIN RICE (Beef in Brown Sauce + Plain Rice)		PINEAPPLE
TUESDAY:	SPAGHETTI BOLOGNESE + BREAD ROLL (Minced Meat, Carrots, in Red Sauce, Spaghetti + Bread Roll)		MELON
WEDNESDAY:	HOT DOG SANDWICH		YOGURT
THURSDAY:	PEAS/CARROTS STEW + ARONI RICE Kindergarten (Garden Peas, Carrots, Potatoes & Onions Stew with Aroni Rice)	CHICKEN SHAWARMA SANDWICH school (Chicken Fillet, Chips, Lettuce + Garlic Mayo Sandwich)	CUSTARD
FRIDAY:	GRILLED CHICKEN + FRIED RICE (Grilled Chicken Thigh, Fried Rice + Shito Optional)		BANANA

LUNCH MEALS : 22 - 26 APRIL

	OPTION 1:		DESSERT:
MONDAY:	FISH LIDO RICE (Breaded Fish Fillet Strips, White Rice, Tomato Sauce)		PINEAPPLE
TUESDAY:	BEEF VEG. JOLLOF RICE (Jollof Rice with Beef Fillet, Carrots, Green Beans + Onion)		MUFFINS
WEDNESDAY:	HOT DOG SANDWICH		FRUIT SALAD
THURSDAY:	MEXICAN RICE WITH BEANS STEW + BOILED EGG KG (Sweet Corn, Carrots, Garden Peas, Rice, Red Beans, Egg)	CHICKEN FAJITA IN TORTILLA BREAD SANDWICH School (Shredded Chicken, Tortilla, Green Pepper, Onions, Cheese, Salsa)	BANANA
FRIDAY:	VEGETERIAN PENNE ARABIATA KG (Pasta, Tomato Sauce with Mushroom, Zucchini, Onion, Oregano)		MELON

LUNCH MEALS : 29 - 30 APRIL

	<u>OPTION 1:</u>		<u>DESSERT:</u>
MONDAY:	FISH PROVENCAL + PLAIN RICE KG		BANANA
	(Grouper Fish Fillet in Red Sauce & Plain Rice)		
TUESDAY:	CHICKEN VEGETABLE SPAGHETTI KG		PINEAPPLE
	(Shredded Chicken Fillet, Spaghetti, Carrot, Zucchini, Onions)		