



ARIS CANTEEN 'MEALS' MENU

Nursery = €30.0

Primary = €35.0

LUNCH MEALS : 29 April - 3 MAY

MTN MOMO: 0244-366-634

	<u>OPTION 1:</u>	<u>OPTION 2:</u>
MONDAY:	FISH PROVENCAL + PLAIN RICE (Grouper Fish Fillet in Red Sauce & Plain Rice)	BEEF CASSEROLE + SWEET POTATOES (Beef in Tomato + Vegetable Stew + Sweet Potato Fries)
TUESDAY:	VEGETARIAN JOLLOF RICE / VEG KEBAB / EGG (Zucchini, Potato, Green pepper, Onion Kebab, Boiled Egg, Jollof)	CHICKEN VEGETABLE SPAGHETTI (Shredded Chicken Fillet, Spaghetti, Carrot, Zucchini, Onions)
WEDNESDAY:	HOLIDAY - MAY DAY	HOLIDAY - MAY DAY
THURSDAY:	FISH LIDO RICE (Breaded Fish Fillet Strips, White Rice, Tomato Sauce)	CHICKEN MUSHROOM FETTUCCINE PASTA (Chicken Mushroom Fettuccine Pasta in White Sauce)
FRIDAY:	VEGETERIAN PENNE ARABIATA (Pasta, Tomato Sauce with Mushroom, Zucchini, Onion, Oregano)	GRILLED CHICKEN + FRIED RICE (Grilled Chicken Thigh, Fried Rice + Shito Optional)

LUNCH MEALS : 6 - 10 MAY

	<u>OPTION 1:</u>	<u>OPTION 2:</u>
MONDAY:	GROUPE MEUNIERE + WHITE RICE + TOMATO STEW (Grouper Fillet, Seasoned w Garlic & Butter, Rice & Stew)	CHICKEN FAJITA + MEXICAN RICE (Shredded Chicken F., G. Pepper, Carrots, Rice=Sweet Corn, Peas)
TUESDAY:	CREAMY MAC + CHEESE + GARLIC BREAD (Milk, Butter, Cheese, Pasta & Garlic Bread)	MEAT LIDO RICE (Meatballs, Aroni Rice, Tomato Sauce, Daoud Basha)
WEDNESDAY:	Hot Dog	Beef Burger
THURSDAY:	SPINACH STEW + MINCED MEAT + ARONI RICE (Spinach Leaves with Minced Meat + Aroni Rice)	CHICKEN SHAWARMA SANDWICH (Chicken Fillet, Chips, Lettuce + Garlic Mayo Sandwich)
FRIDAY:	WAAKYE + SPAGHETTI / GARI / EGG (Spaghetti, Gari, Egg + Tomato Sauce)	GRILLED WINGS + JOLLOF + KELEWELE (Grilled Chicken Wings, Accompanied by Jollof Rice + Side Fried Plantain)

LUNCH MEALS : 13 - 17 MAY

	<u>OPTION 1:</u>	<u>OPTION 2:</u>
MONDAY:	FISH VEGETABLE SPAGHETTI (Grouper Fish, Spaghetti, Carrot, Green Pepper, Onions)	BEEF CASSEROLE + SWEET POTATOES (Beef in Tomato + Vegetable Stew + Sweet Potato Fries)
TUESDAY:	CALAMARI KEBABS & VEG. JOLLOF RICE (Squid Kebabs & Jollof Rice with Carrots & Beans)	SPAGHETTI BOLOGNESE + BREAD ROLL (Minced Meat, Carrots, in Red Sauce, Spaghetti + Bread Roll)

WEDNESDAY:	Hot Dog	Beef Burger
THURSDAY:	PEAS/CARROTS STEW + ARONI RICE (Garden Peas, Carrots, Potatoes & Onions Stew with Aroni Rice)	CHICKEN FAJITA IN TORTILLA BREAD SANDWICH (Shredded Chicken, Tortilla, Green Pepper, Onions, Cheese, Salsa)
FRIDAY:	VEGETERIAN PENNE ARABIATA (Pasta, Tomato Sauce with Mushroom, Zuchini, Onion, Oregano)	GRILLED CHICKEN + FRIED RICE (Grilled Chicken Thigh, Fried Rice + Shito Optional)

LUNCH MEALS : 20 - 24 MAY

	<u>OPTION 1:</u>	<u>OPTION 2:</u>
MONDAY:	FISH LIDO RICE (Breaded Fish Fillet Strips, White Rice, Tomato Sauce)	CHICKEN STEW + WHITE RICE (Chicken Cubes in Aromatic Tomato + Onions based Sauce + Rice)
TUESDAY:	CREAMY MAC + CHEESE + GARLIC BREAD (Milk, Butter, Cheese, Pasta, & Garlic Bread)	BEEF VEG. JOLLOF RICE (Jollof Rice with Beef Fillet, Carrots, Green Beans + Onion)
WEDNESDAY:	Hot Dog	Beef Burger
THURSDAY:	VEG. CURRY + EGG + PLAIN RICE (Zuchini, Green Peas, Potatoes, Egg & Plain Rice)	CHICKEN SHAWARMA SANDWICH (Chicken Fillet, Chips, Lettuce + Garlic Mayo Sandwich)
FRIDAY:	OKRO STEW / BANKU / BEEF (Corn dough, Cassava, Okro, Beef, Red Oil)	CHICKEN KEBABS WITH JOLLOF RICE (Chicken Fillet Skewers, With Jollof Rice)

LUNCH MEALS : 27 - 31 MAY

	<u>OPTION 1:</u>	<u>OPTION 2:</u>
MONDAY:	FISH PROVENCAL + PLAIN RICE (Grouper Fish Fillet in Red Sauce & Plain Rice)	SHREDDED BEEF + PLAIN RICE (Beef in Brown Sauce + Plain Rice)
TUESDAY:	VEGETARIAN JOLLOF RICE / VEG KEBAB / EGG (Zuchini, Potato, Green pepper, Onion Kebab, Boiled Egg, Jollof)	PASTA SHELLS + MEATBALL RED SAUCE (MeatBalls in Red Sauce, with Pasta Shells & Cheese)
WEDNESDAY:	Hot Dog	Beef Burger
THURSDAY:	FISH PANNE + VEG. RICE / TOMATO SAUCE (Fish Fillet Panne & Vegetable Steamed Rice & Tomato Sauce)	CHICKEN TAOUK SANDWICH (Chicken Fillet, Chips, Coleslaw + Garlic Sandwich)
FRIDAY:	WAAKYE + SPAGHETTI / GARI / EGG (Spaghetti, Gari, Egg + Tomato Sauce)	GRILLED CHICKEN + FRIED RICE (Grilled Chicken Thigh, Fried Rice + Shito Optional)