

## **BASOAH INTERNATIONAL SCHOOL MENU**

<b>DAY/ WEEK/ 1/3/5/7/9/11/13</b>	<b>BREAKFAST</b>	<b>LUNCH/SNACK</b>
<b>MONDAY</b>	Oat/ Tom brown with Bread	Rice/ gravy or Kontomire with chicken
<b>TUESDAY</b>	Millet Porridge(Hausa Koko) or Corn Porridge /bread	Banku and Okro Stew
<b>WEDNESDAY</b>	Oblayoo/ Milo with bread	Waakye with Macaroni and Egg
<b>THURSDAY</b>	Tom Brown /bread	Jollof rice &Chicken or Gizzard
<b>FRIDAY</b>	Rice porridge/ bread	Spaghetti Bolognese/ Sausage

<b>DAY/ WEEK /2/4/6/8/10/12</b>	<b>BREAKFAST</b>	<b>LUNCH/SNACK</b>
<b>MONDAY</b>	Tom Brown/bread	Vermicelli rice &stew
<b>TUESDAY</b>	Milo /bread with egg	Beans & Fried plantain/ Rice &Stew
<b>WEDNESDAY</b>	Oat with bread	Kenkey /Banku/ Rice with Gravy and fish
<b>THURSDAY</b>	Rice porridge or wheat with Bread	Jollof rice with Chicken
<b>FRIDAY</b>	Ekuegbemi /Milo with bread	Fried Yam with sausage/shito