



NSAWAM ADOAGYIRI MUNICIPAL ASSEMBLY



SCHOOL FEEDING MENU

NSAWAM-ADOAGYIRI MUNICIPAL SCHOOL FEEDING MENU FOR

MONDAY-MENU

TUESDAY-MENU

WEDNESDAY-MENU

RICE WITH AGUSHIE/SOYA SAUCE	WAAKYI, SHITO WITH ORANGE OR JOLLOF RICE WITH BEANS& VEGETABLE	BANKU WITH OKRO OR PALMNUT SOUP(GREENY LEAVES)
INGREDIENTS	INGREDIENTS	INGREDIENTS
Agushie	Rice brown raw	Corn dough
Palm oil red	Bean white dried & soya powder	Cassava flour
Rice white raw	Vegetable oil	Palm oil red
Tomato paste concentrate	Tomato paste concentrate	Tomato paste concentrate
Soya bean dried raw	Pepper chilli raw	Pepper chilli raw
Onion raw	Onion	Onion raw
Tuna grilled (without salt and fat)	Orange raw	Tomato red ripe raw
Tomato red ripe raw	Garlic raw	Garlic raw
Ginger root raw	Ginger root raw	Ginger root raw& okra fruit raw
Anchovy fillet raw	Anchovy fillet raw	African locust bean seeds dried
African locust bean seeds dried	African locust bean seeds dried	Anchovy fillet raw (without salt and fat)

THURSDAY –MENU

FRIDAY- MENU

GARI,BEAN AND RIPE PLANTAIN OR PINEAPPLE	BANKU WITH GROUNDNUT SOUP(GREENY LEAVES)	
INGREDIENTS	INGREDIENTS	
Cowpea dried raw	Corn dough	Tomato red ripe raw
Gari	Cassava flour	Ginger root raw
Palm oil red	Cowpea white dried	Groundnut paste
Soya bean Quarshie dried raw (Ghana)=1	Tomato paste concentrate	Tuna grilled(without salt & fat)
Onion raw	Pepper chilli raw	African locust bean seeds dried
Plantain ripe raw	Onion raw	
Pineapple	Garlic raw	