

	LEAD-FORTE GATE COLLEGE MENU 1						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Assorted cereals	Oats	Assorted cereals	Oats	Assorted cereals	Pap/custard	Toast/Pancakes
	Bread roll	Sliced bread	Roast potatoes	Bread roll	Boiled yam	Moin-moin/Akara	Scrambled eggs
	Corned beef/mayo mix	Egg sauce	Corned beef sauce	Spanish omelette	Fish sauce	Sliced bread	Sausages
	Tea	Peanut butter/jam/butter	Tea	Frankfurters	Tea	Boiled eggs/Butter/Jam	Baked beans
		Tea		Tea		Tea/Hot chocolate	Tea/Juice
<b>LUNCH</b>	Coconut rice	Porridge beans/Ewa agoyin	Steamed rice	Poundo yam/Eba	Yam chips/Yam pottage	Spaghetti & meatballs	Jollof rice
	Rice and beans	Fried plantain	Stewed chicken	Efo riro/Egusi soup	Peppered gizzard	Sweet potato casserole	Chinese style fried rice
	Chicken curry	Garlic fish in sauce	Macaroni & cheese	Beef stew	Fried fish	Fruit salad	Gizzard-Dodo mix
	Stewed chicken	Fruit in season	Three-bean salad	Fruit in season	Fruit salad		Shredded beef with vegetables
	Fruit in season		Ice-cream				Sunday special dessert
<b>DINNER</b>	Fried Spaghetti	Poundo yam/Eba	Beef burger	Jollof pasta	Porridge beans/Ewa agoyin	Coconut rice	Hot dog
	Minced meat sauce	Ogbono/Okro soup	French fries	Sauteed chicken	Fried plantain	Steamed rice	French fries
	Mixed vegetables	Assorted beef stew	Coleslaw	Vegetable salad	Stewed beef	Beef goulash	Coleslaw
		Fruit salad			mixed vegetables	Vegetable salad	

LEAD-FORTE GATE COLLEGE MENU 2							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Assorted cereals	Oats	Assorted cereals	Oats	Assorted cereals	Pancake/French toast	Pap/custard
	Sliced bread	Bread roll	Sliced bread	Bread roll	Boiled yam	Fried eggs, sausages	Sliced bread
	Corned beef/mayo mix	Scrambled eggs	Boiled eggs	Corned beef sauce	Egg sauce	Baked beans	Butter/Jam/Peanut butter
	Butter/Jam/Peanut butter	Frankfurters	Butter/Jam/Peanut butter	Fish stew	Plain stew	Butter/Jam/Peanut butter	Moin-moin/Akara
	Tea	Tea	Tea	Tea	Tea	Tea/hot chocolate	Tea/Juice
<b>LUNCH</b>	Rice and beans mix	Amala and ewedu soup	Ofada rice/steamed rice	Coconut rice	Ewa agoyin/Porridge beans	Yam pottage	Jollof/fried rice
	Roast potatoes	Poundo yam and efo-riro	Ofada sauce	Shredded beef with peppers	Fried plantain	Yamarita	Chicken curry
	Fried plantain	Beef stew	Beef sauce	Ice cream	Grilled fish	Beef salsa	Coleslaw
	Fried beef stew	Fried fish in sauce	Fried plantain	Mixed salad	Fruit	Fruit	Chef's special dessert
	Fruit in season	Fruit in season	Fruit in season				
<b>DINNER</b>	Chilli con carne	Singaporean style noodles	Yam chips	Eba and egusi soup	Steamed rice	Hot dog pasta	In House Pizza
	Steamed rice	Shredded chicken	Peppered gizzard in sauce	Poundo yam and efo ro	Macaroni	Sauteed vegetables	French fries
	Stir fried macaroni	Mixed vegetables	Mashed potatoes	Fried fish in sauce	Creamy chicken and mushroom sauce	Grilled fish	Salad
	Vegetable salad		Beef gravy	Fried beef stew	Fried chicken in sauce		
			Mixed vegetables	Fruit in season	Fruit in season		

LEAD-FORTE GATE COLLEGE							
MENU 3							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Oats	Assorted cereals	Roast potatoes	Assorted cereals	Oats	Pap/custard	American pancakes with syrup
	Sliced bread	Bread roll	Sliced bread	Bread roll	Boiled yam	Moin-moin/Akara	Toast
	Egg sauce	Boiled eggs	Fried eggs	Corned beef sauce	Omelette	Sliced bread	Scrambled eggs
	Peanut butter/Jam/Butter	Fish sauce	Butter/Jam/Peanut butter	Butter/Jam	Plain sauce	Butter/Jam/Peanut butter	Butter/Jam/marmalade
	Tea	Butter/Jam	Tea	Tea	Tea	Tea/Hot chocolate	Baked beans
		Tea					Tea/Juice
<b>LUNCH</b>	Semovita/Eba	Chinese rice	Porridge beans	Poundo yam/Eba	Fried rice	Spaghetti Bolognese	Jollof rice
	Okra/Edikaikong	Malaysian beef stir fry	Yam chips	Efo-riro/Egusi	chicken casserole	Mixed vegetable salad	Cajun chicken
	Assorted beef stew Fried fish in sauce	Ice cream	Fried plantain	Stewed chicken	Fruit in season		Fried plantain
	Fruit in season	Fruit in season	Stewed fish	Fruit in season			LFG special dessert
			Fruit in season				
<b>DINNER</b>	Chinese chicken with noodles	Beef burger	Ofada rice/Steamed rice	Bangers n Mash	Ewa agoyin	Sreamed rice	LFG Shawarma
	Mixed vegetables	Sweet potato wedges	Ofada sauce	Mahed potatoes, sausages	Fried plantain	Gizzard-dodo mix	French fries
		Mixed salad	Plain sauce with beef	Gravy	Sweet potato chips	Pepper sauce	Coleslaw
			mixed vegetables		Fried fish in sauce	Fruit in season	

