



PALOMA HOTEL CANTEEN LFIA ELEMENTARY & SECONDARY MENU



MENU DE JANVIER 2025

MENU MATERNELLE = ₡40.0 / MENU ÉLÉMENTAIRE = ₡45.0 / MENU SECONDAIRE & PERSONNEL = ₡55.0

Week 1	MONDAY: 6-Jan	TUESDAY: 7-Jan	WEDNESDAY: 8-Jan	THURSDAY: 9-Nov	FRIDAY: 10-Nov
Starter	Butter-sautéed Vegetables		Coleslaw	Diced Veggies in Cocktail Sauce	Veg. Samosa
Option 1:	Fish Strips & Spaghetti Tomato Sauce		Beef Burger + French Fries	Peas-Carrot Stew + Aroni Rice	Veg. Penne Arrabbiata
Option 2:	Lanières de Poisson, Spaghetti	CONSTITUTION DAY	Burger de Boeuf + Frites	Ragoût de petit pois+Riz Aroni	Veg. Penne Arrabbiata
	Beef Casserole & Vegetable Rice		Chicken Strips + Wedges	Chicken Fajita Sandwich	Grilled Chicken + Fried Rice
	Casserole de Boeuf, Riz au legume		Lanières de Poulet / PDT	Sandwich Fajita au Poulet	Poulet Grillé + Riz Frit
Dessert:	Banana Cake		Fruit Sal./Sal. de Fruits	Fruit Flavored Yogurt/Yaourt	Pineapple/Ananas
Week 2	MONDAY: 13-Jan	TUESDAY: 14-Jan	WEDNESDAY: 15-Jan	THURSDAY: 16-Jan	FRIDAY: 17-Jan
Starter	Potato Sal./Sal. Pomme de terre	Butter Sauted Vegetables	Coleslaw	Vegetabe Fingers	Kelewele Fried Plantain
Option 1:	Breaded Fish+Saute Potatoes	Creamy Mac & Cheese	Chicken Burger + Fries	Veg. Curry/Egg/Rice	Okro Stew + Banku + Beef
Option 2:	Lanieres de Poisson, Pomme de terre	Macaroni au fromage crémeux	Burger de Poulet + Frites	Curry de Légume/Oeuf/Riz	Ragoût d'Okro+Banku+Boeuf
	Chicken Stew + Plain Rice	Beef Veg. Jollof Rice	Beef Pizza + Wedges	Chicken Shawarma Sandwich	Chicken Kebab + Jollof Rice
	Ragoût de Poulet + Riz	Boeuf Veg. Riz Jollof	Pizza au Boeuf + PDT	Sandwich Poulet Shawarma	Kebab de Poulet + Riz Jollof
Dessert:	Fruit Sal./Sal. de Fruits	Waffles/Gaufres	Apple/Pomme	Custard/Crème Dessert	Watermelon/Pastèque
Week 3	MONDAY: 20-Jan	TUESDAY: 21-Jan	WEDNESDAY: 22-Jan	THURSDAY: 23-Jan	FRIDAY: 24-Jan
Starter	Diced Veggies in Cocktail Sauce	Mini Cheese & Thyme Pizza	Coleslaw	Butter Sauted Vegetables	Veg. Samosa
Option 1:	Vegetable Shepard Pie	Jollof Rice +Veg. Kebab+Egg	Margarita Pizza + Fries	Fish Strips+Spaghetti Tomato S.	Waakye + Spaghetti + Egg
Option 2:	Veg. Pate Pomme de Terre	Veg. Jollof + Oeuf	Pizza Margarita + Frites	Lanieres de Poisson, Spaghetti	Waakye + Spaghetti + Oeuf
	Chicken Provencal + Plain Rice	Pasta+Meatballs Red Sauce	Hotdog+Potato Wedges	Chicken Taouk Sand./Chips Inside	Grilled Chicken + Fried Rice
	Poulet Provençal + Riz	Spaghetti+Boulettes de Viande	Hotdog+Pommes de Terre	Sandwich Taouk au Poulet	Poulet Grillé + Riz Frit
Dessert:	Pancake/Crêpe	Watermelon/Pastèque	Fruit Sal./Sal. de Fruits	Fruit Flavored Yogurt/Yaourt	Banana / Banane
Week 4	MONDAY: 27-Jan	TUESDAY: 28-Jan	WEDNESDAY: 29-Jan	THURSDAY: 30-Nov	FRIDAY: 31-Jan
Starter	Butter Sauted Vegetables	Potato Sal./Sal. Pomme de terre	Coleslaw	Vegetabe Fingers	Diced Veggies in Cocktail Sauce
Option 1:	Fish Veg. Noodles	Creamy Mac & Cheese	Beef Burger + French Fries	Veg. Curry/Egg/Rice	Red Red Beans+Plantain+Egg
Option 2:	Nouilles Veg. de Poisson	Macaroni au fromage crémeux	Burger de Boeuf + Frites	Curry de Légume/Oeuf/Riz	Plantain / Haricots / Oeuf
	Chicken Strogonoff+Plain Rice	Kafta+Potatoes+Aroni Rice	Tuna Club Sandwich + Fries	Chicken Shawarma Sandwich	Chicken Drumstick/Jollof Rice
	Poulet Stroganoff et Riz	Kafta/PDT/Vermicelli Riz	Club Sand. au Thon+Frites	Sandwich Poulet Shawarma	Poulet Grillé + Jollof Riz
Dessert:	Carrot Cake	Pineapple/Ananas	Watermelon/Pastèque	Custard/Crème Dessert	Fruit Sal./Sal. de Fruits