



## Introduction

Every parent's desire is that their wards succeed both educationally and in good health. Making the right food choices is key in the success journey of children. Eating nutritious foods not only impacts their health, but also their development and ability to learn and focus in school and at home.

Parents leave their wards in school for the most part of the day. These times they spend greatly impact on their growth and success of the parents' desires. Our school lunch feeding program contributes to providing a wholistic growth for children in school. Our meal program also seeks to take the burden of packing lunch off the parent's hands



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## BENEFITS

Improved cognitive function

Higher test scores

Better attention span

Better classroom behavior

Improved moods

Fewer absenteeism

Combat childhood obesity



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## APPROACH



Avoidance of Food Enhancers

Minimal use of Stock Cubes and Salt

Mostly Char Grilling or Pan Grilled of Protein

Substitute Sugar with Fructose and Honey

Meals have a balance of Grains, Proteins and Vegetables

Consideration of the Different Cultural Tastes and Preferences

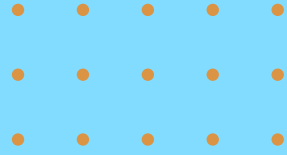
Served without further Microwaving-Delivered Hot

Use only boneless proteins for child safety

Appropriateness of Meals for Children 2+



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## Sample Menu



### Week 1 Option 1

Jambalaya - Assorted Jollof (M)

Assorted Fried Rice (T)

Fish Sauce With Rice (W)

Rice with Veg Beans Stew and Tuna (T)

Chicken Sauce With Rice (F)

### Week 1 Option 2

Assorted Asian Stir Noodles (M)

Banku and Tomatoes Stew with Grilled Fish (T)

Spaghetti Bolognese with Fish Vegetables Sauce (W)

Red Red With Egg and Tuna (T)

Assorted Pizza -Beef, Chicken, Sausage (F)



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## Sample Menu



### Week 2 Option 1

Jollof Rice With Grilled Chicken Thigh (M)

Egg Fried Rice (T)

Steamed Rice With Cabbage Stew With Protein (W)

Fish Green Thai Curry and Rice (T)

Chicken Vegetable Stew with Steamed Rice (F)

### Week 2 Option 2

BBQ Chicken Escalope with Veg Stir Fried Noodles (M)

Waakye with Braised Beef Stew or Chicken (T)

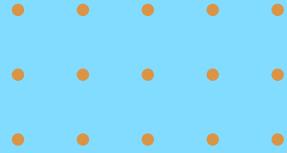
Indomie Style Noodles (W)

Chicken Shawarma (T)

Beef Burger (F)



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## Sample Menu



### Week 3 Option 1

Vegetable Coconut Curry With  
Steamed Rice (M)

Steamed Rice with Vegetable  
Egg Stew (T)

Beef Sauce With Rice (W)

Assorted Fried Rice (T)

Jollof Rice With Grilled  
Chicken Breast (F)

### Week 3 Option 2

Mac and Cheese (M)

Boiled Yam and Palava Sauce (T)

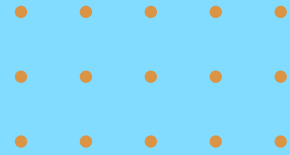
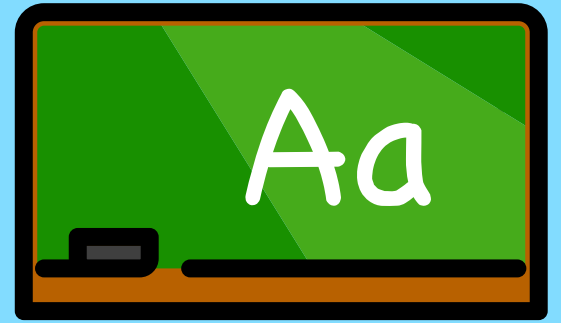
Fried Yam with Nuggets (W)

Sweet Potato Burritos (T)

Sloppy Joe (F)



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## Sample Menu



### Week 4 Option 1

Jambalaya – Assorted Jollof (M)

Assorted Fried Rice (Beef, Chicken) (T)

Fish Sauce With Rice (W)

Rice with Veg Beans Stew and Tuna (T)

Egg Fried Rice (F)

### Week 4 Option 2

Assorted Asian Stir Fry (Beef, Chicken) (M)

Banku and Tomatoes Stew with Grilled Fish (T)

Spaghetti Bolognese with Fish Vegetables Sauce (W)

Red Red With Egg and Tuna (T)

Assorted Pizza -Beef, Chicken, Sausage (F)



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## Sample Menu



### Week 5 Option 1

Steamed Rice With Cabbage  
Stew With Tuna /Chicken/Beef  
(M)

Jollof Rice With Grilled Chicken  
Breast (T)

Beef Fried Rice (W)

Fish Green Thai Curry and Rice  
(T)

Jollof Rice With Grilled Chicken  
Thigh (F)

### Week 5 Option 2

Fish Fingers with fries (M)

Banku and Okro Stew (T)

Hotdogs Carrots/Cucumber  
Sticks (W)

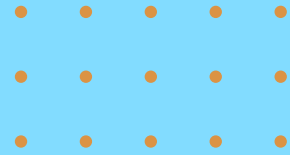
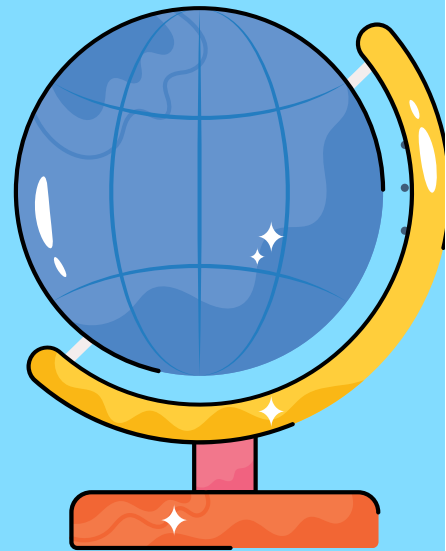
Chicken Tender With Oven  
Baked Potatoes (T)

Red Red With Egg and Tuna (F)



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## Sample Menu



### Week 6 Option 1

Chicken Vegetable Stew with Steamed Rice (M)

Jollof Rice With Grilled Chicken Thigh (T)

Beef Sauce With Rice (W)

Steamed Rice with Vegetable Beans Stew and Tuna (T)

Beef Fried Rice (F)

### Week 6 Option 2

BBQ Chicken Escalope with Vegetable Stir Fried Noodles (M)

Banku and Tomatoes Stew with Grilled Fish (T)

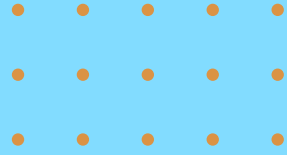
Red Plantain in Chicken Stew With Steamed Rice (W)

Waakye with Braised Beef Stew or Chicken (T)

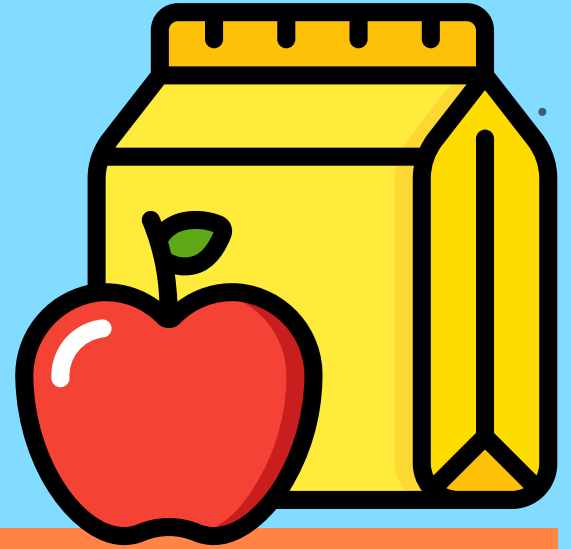
Assorted Pizza -Beef, Chicken, Sausage (F)



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## Sample Menu



### Week 7 Option 1

Egg Fried Rice (M)

Vegetable Coconut Curry With  
Steamed Rice (T)

Steamed Rice with Vegetable  
Egg Stew (W)

Chicken Sauce With Rice (T)

Jollof Rice With Grilled  
Chicken Thigh (F)

### Week 7 Option 2

Assorted Asian Stir Fry (Beef,  
Chicken) (M)

Red Plantain in Chicken Stew  
With Steamed Rice (T)

Egg and Tuna Sandwich (W)

Chickpea Falafel (T)

Assorted Pizza -Beef, Chicken,  
Sausage (F)



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## Sample Menu



### Week 8 Option 1

Jambalaya – Assorted Jollof (M)

Fish Green Thai Curry and Rice (T)

Chicken Vegetable Stew with Steamed Rice (W)

Steamed Rice With Cabbage Stew With Tuna /Chicken/Beef (T)

Beef Fried Rice (F)

### Week 8 Option 2

Spaghetti Meat Balls (M)

Red Red With Egg and Tuna (T)

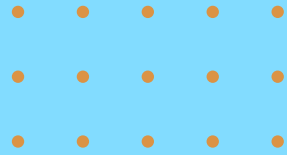
Assorted Asian Stir Fry (Beef, Chicken) (W)

Chicken Shawarma (T)

Beef Burger (F)



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## Sample Menu



### Week 9 Option 1

Jambalaya Assorted Jollof (M)

Assorted Fried Rice (Beef, Chicken) (T)

Fish Sauce With Rice (W)

Steamed Rice with Vegetable Beans Stew and Tuna (T)

Chicken Sauce With Rice (F)

### Week 9 Option 2

Fish Fingers with Fries (M)

Waakye with Braised Beef Stew or Chicken (T)

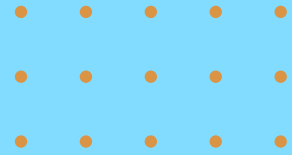
Red Red With Egg and Tuna (W)

Indomie Style Noodles (T)

Assorted Pizza -Beef, Chicken, Sausage (F)



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## Sample Menu



### Week 10 Option 1

Jollof Rice With Grilled Chicken Breast (M)

Egg Fried Rice (T)

Steamed Rice With Cabbage Stew With Tuna /Chicken/Beef (W)

Fish Green Thai Curry and Rice (T)

Chicken Vegetable Stew with Steamed Rice (F)

### Week 10 Option 2

Braised Beef with Boiled Potato Chunks (M)

Banku and Okro Stew (T)

Sloppy Joe (W)

Chicken Tender With Oven Baked Potatoes (T)

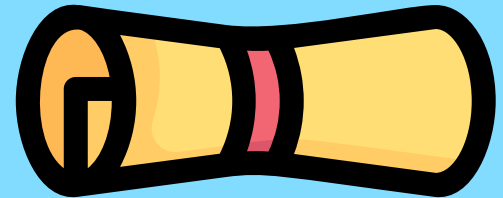
Egg and Tuna Sandwich (F)



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## Sample Menu



### Week 11 Option 1

Jambalaya – Assorted Jollof (M)

Steamed Rice with Vegetable Egg Stew (T)

Beef Sauce With Rice (W)

Assorted Fried Rice (Beef, Chicken) (T)

Vegetable Coconut Curry With Steamed Rice (F)

### Week 11 Option 2

Spaghetti Bolognese with Meat Vegetables Sauce (M)

Boiled Yam and Garden Eggs (T)

Fried Yam with Nuggets (W)

Chickpea Falafel (T)

Chicken Shawarma (F)



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## Sample Menu



### Week 12 Option 1

Vegetable Coconut Curry With  
Steamed Rice (M)

Steamed Rice with Vegetable  
Egg Stew (T)

Beef Sauce With Rice (W)

Steamed Rice with Vegetable  
Beans Stew and Tuna (T)

Jollof Rice With Grilled  
Chicken Breast (F)

### Week 12 Option 2

Mac and Cheese (M)

Boiled Yam and Palava Sauce (T)

Fried Yam with Nuggets (W)

Sweet Potato Burritos (T)

Beef Burger (F)



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