

ASUOGYAMAN DISTRICT ASSEMBLY SCHOOL FEEDING MENU  
FOR SECOND TERM 2023/2024

MONDA MENU

GARDEN EGG STW WITH AMPESI (Y AM, CASSAVA, PLANTAIN)

INGREDIENTS
Garden eggs
Palm oil
Y am, tuber, cassava, Plantain
Tomatoes aste
Agushie
Onion raw
Tuna grilled without salt and fat
Fresh tomatoes
African locust bean seeds dried
Anchovies (dried)

TUESDAY-MANU

WAAKYE WITH SHITOR AND WATER

INGREDIENTS
White rice raw
Cowpea red dried raw
Vegetable oil
Tomato paste
Pepper chilly raw
Onion raw
Garlic raw
Fresh tomatoes

African locust bean seeds dried
Anchovies fillet raw
Orange

WEDNESDAY-MANU II

BANKU WITH PALM NUT SOUP/FRUIT

INGREDIENTS
Corn dough
Cassava dough
African locust bean seed dried
Tomato paste
Pepper chill raw
Onion raw
Garlic raw and ginger root
Fresh tomatoes
Cowpea white dried
Palm nut fruit
Tuna rilled (without salt and fat)
Orange

THURSDAY-MANU I

RICE WITH PALAVA SAUCE/ FRUIT

INGREDIENTS
Rice white raw

Aguishie
African locust bean seed dried
Coco am leaves
Pepper chilly raw
Onion raw
Garlic raw and ginger root
Fresh tomatoes and tomato paste
Cowpea white dried
Palm oil
Anchovy fillet grilled (without salt and fat)
pineapple

THURSDAY-MANU II WEDNESDAY-MANU

BANKU WITH OKRO STEW

INGREDIENTS
Corn dough
Cassava dough
Palm oil
Tomato paste
Pepper chill raw
Onion raw
Garlic raw
Fresh tomatoes
Okro raw fruit
Ginger root raw

Tuna rilled (without salt and fat)
Anchovy fillet raw
Orange

WEDNESDAY-MANU 11

BANKU WITH GROUNDNUT SOUP/DESERT

INGREDIENTS
Corn dough
Cassava dough
African locust bean seed dried
Tomato paste
Pepper chilly raw
Onion raw
Garlic raw and ginger root
Fresh tomatoes
Cowpea white dried
Ground nut paste
Tuna grilled (without salt and fat)
pineapple

INGREDIENTS
Cowpea dried raw
Gari

RICE  
GARDEN  
STEW

African locust bean seed dried	WITH EGG
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INGREDIENTS
Rice white raw
Garden e s
African locust bean seed dried
So a beans seed dried
Pep er chill raw
Onion raw
Garlic raw and in er root
Fresh tomatoes and tomato paste
Cow ea white dried
Palm oil
Anchovy fillet grilled (without salt and fat)

FRIDAY-MANU 1

GARI WITH BEANS AND RIPE PLANTAIN

Soya bean dried
Pepper chilly raw
Onion raw
Ripe plantain

FRIDAY-MANU 11

GARI WITH BEANS AND RIPE PLANTAIN/ DESERT

INGREDIENTS
Cowpea dried raw

Gari
Onion raw
So a bean dried
Palm oil
Ripe lantain
Orange