



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Moimoi (beans pudding) with Bread/pap + milk custard + milk	Cereal Milk Fruits	Buttermilk Pancakes+ Sausage+ Scrambled eggs + Fruits Milk/Juice	Oatmeal (with raisin, cinnamon powder, milk)+ Scrambled eggs Fruits	French Toast + Baked beans + Fruits+ Milk (or Juice, Beverage)	Omelets + boiled potatoes + Milk/Juice	Bread + egg (stewed eggs + vegetables) Beverage
Lunch	Jollof rice + Stewed beef + Salad	Stewed Beans + Plantains/	White /Brown Rice + Palm oil fish stew	Grilled chicken on a bun + Salad	Pizza + Chicken Salad	Fufu + Stewed Okra + Beef/fish	Amala + Efo riro (vegetable soup/stew) + protein of your choice
Dinner	Meatloaf + Mashed potatoes + Vegetables	Pasta Jollof + Shrimps+ Vegetables	Moimoi (beans pudding) + Fish/ Grilled chicken	Plantains + Stewed +vegetables egg	Brown/white rice + beef broccoli	Peppered steak + vegetables	Efo riro (vegetable stew/soup) Boiled Plantains