

Food Time-table 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Akara (Beans cake)+ Bread (or custard+milk/pap + milk)	Cereal Milk Fruits	Scrambled egg Toast bread Milk	Mini waffle Sausage Fruits Juice/Milk	Bread muffins Fruits+ Milk (or Juice, Beverage)	Cereal Milk Fruits	Breakfast pizza Juice/beverage/milk
Lunch	Amala with Vegetable Stew/soup) + Any protein	Burger Potato wedge/fries Fruits/vegetables	Ofada rice Ayamase stew + beef	Chicken Nuggets Oven baked fries Sauce Fruits/Veg	Spaghetti + Meatball+ Vegetable	Yam pottage (Asaro) + Beef/fish	Coconut rice Shrimps Coleslaw/salad
Dinner	Creamy pasta + Shrimps+ Vegetables	Seafood soup or Pepper soup	Cucumber salad with chicken	Gizdodo Vegetables	BBQ pineapple chicken Mashed potatoes/rice Vegetables	Vegetables stir fry	Sausage potato soup

Aliyah