

Food Time-table 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Pancake muffins + Fruits+ Juice/milk	Egg Frittata Milk/Juice	Cereal Milk Fruits	Strawberry Scone Milk/Juice	Yoghurt Fruits Salad	Flatbread Scrambled egg Fruit Milk	Waffle Chicken Fruits Milk/Juice
Lunch	Amala Ewedu Buka stew+ Assorted meat	Pineapple Fried rice Chicken	Noodle stir fry Vegetables	Turkey salad sandwich	Stewed beans + corn	Pan sheet Teriyaki chicken, potato vegetable	Rice Sweet and sour chicken
Dinner	Grilled steak/ Chicken Vegetables	Chicken Quesadilla	Pap with peppersoup	Curried fish + Rice	Shrimps, avocados salad	Baked/fried yam Plantain Gizzard stew	Ikokore Protein

Aliyah's