

Food Time-table 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Jelly French Toast Fruits Juice/milk	Hot dogs Fruits Milk/Juice	Oatmeal (raisin, cinnamon powder) Milk Scrambled egg	Sandwich Fruits Milk/Juice	Spinach egg frittata Fruits Milk	Cereal Fruits Milk	Biscuits + gravy Sausage Fruits Milk/Juice
Lunch	Amala Ogbono Protein of your choice	Ground beef sauce Pasta/ spaghetti	Sloppy joe Fries/potato wedge	Sausage, Shrimps Jambalaya rice	Chicken strip Salad	Yam + Plantain Pottage/Porridge Fish	Egusi ijebu Eba Protein of your choice
Dinner	Fried rice with shrimps	Chicken tender Salad	Beef and vegetables Soup	Beef Fajitas	Potato salad	Shrimps cake Vegetables	Meatloaf Salad/Mashed potato