		ELEVENSES		TEATIME	
DAYS	BREAKFAST	TEA BREAK	LUNCH	ILAIIML	DINNER
MONDAY		MANDAZI	PILAU, NDENGU	BLACK	UGALI BEEF
	CHAPATI	& TEA	CARROT/CABBAGE	CHOCOLATE +	SUKUMA/SPINACH
	& MILK TEA		COURGETTE + MELON	BISCUITS	
TUESDAY		SWEET POTATOES	CHAPATI & BEANS		GREEN MAIZE
	BUTTERED BREAD	&	SUKUMA/SPINACH +	BLACK	MOKIMO
	& MILK TEA	DRINKING	BANANA	CHOCOLATE +	CARROT/CABBAGE
		CHOCOLATE		BISCUITS	COURGETTE
			UGALI BEEF &		
WEDNESDAY	BUTTERED BREAD	BUTTERED BREAD &	CARROT/CABBAGE	BLACK	CHAPATI & GREEN
	& MILK TEA	TEA	COURGETTE + MELON	CHOCOLATE +	GRAMS
				BISCUITS	SUKUMA/SPINACH
THURSDAY		MANDAZI &	RICE, NDENGU &		
	CHAPATI	DRINKING	SUKUMA/SPINACH	BLACK	UGALI & NDENGU
	& MILK TEA	CHOCOLATE	BANANA	CHOCOLATE +	CARROT/CABBAGE
				BISCUITS	COURGETTE
FRIDAY		BUTTERED BREAD &	CHAPATI & BEANS	BLACK	
	BUTTERED BREAD &	TEA	CARROT/CABBAGE	CHOCOLATE +	RICE RED KUNDE &
	MILK TEA		COURGETTE + MELON	BISCUITS	SUKUMA/ SPINACH
SATURDAY		BUTTERED BREAD &	RICE WITH MIXED	BLACK	UGALI & MATUMBO +
	BUTTERED BREAD	CHOCOLATE	STEW OF CARROT &	CHOCOLATE &	CARROT/CABBAGE
	& TEA		POTATOES	BANANA	COURGETTE
	DDEAKEACT FOO	EDILIT OF THE	SUKUMA/SPINACH	DI A CV	CHARATI C DEANC
SUNDAY	BREAKFAST EGG, BUTTERED BREAD &	FRUIT OF THE SEASON	PILAU & BEANS WITH CABBAGE + BANANA	BLACK CHOCOLATE +	CHAPATI & BEANS + SPINACH SUKUMA
SONDAI	TEA	SEASUN	CADDAGE + DAINAINA	BISCUITS	SPINACH SUNUIVIA
	IEA			Discoils	





