

DAYS	BREAKFAST	ELEVENSES TEA BREAK	LUNCH	TEATIME	DINNER
MONDAY	CHAPATI & MILK TEA	MANDAZI & TEA	PILAU, NDENGU CARROT/CABBAGE COURGETTE + MELON	BLACK CHOCOLATE + BISCUITS	UGALI BEEF SUKUMA/SPINACH
TUESDAY	BUTTERED BREAD & MILK TEA	SWEET POTATOES & DRINKING CHOCOLATE	CHAPATI & BEANS SUKUMA/SPINACH + BANANA	BLACK CHOCOLATE + BISCUITS	GREEN MAIZE MOKIMO CARROT/CABBAGE COURGETTE
WEDNESDAY	BUTTERED BREAD & MILK TEA	BUTTERED BREAD & TEA	UGALI BEEF & CARROT/CABBAGE COURGETTE + MELON	BLACK CHOCOLATE + BISCUITS	CHAPATI & GREEN GRAMS SUKUMA/SPINACH
THURSDAY	CHAPATI & MILK TEA	MANDAZI & DRINKING CHOCOLATE	RICE, NDENGU & SUKUMA/SPINACH BANANA	BLACK CHOCOLATE + BISCUITS	UGALI & NDENGU CARROT/CABBAGE COURGETTE
FRIDAY	BUTTERED BREAD & MILK TEA	BUTTERED BREAD & TEA	CHAPATI & BEANS CARROT/CABBAGE COURGETTE + MELON	BLACK CHOCOLATE + BISCUITS	RICE RED KUNDE & SUKUMA/ SPINACH
SATURDAY	BUTTERED BREAD & TEA	BUTTERED BREAD & CHOCOLATE	RICE WITH MIXED STEW OF CARROT & POTATOES SUKUMA/SPINACH	BLACK CHOCOLATE & BANANA	UGALI & MATUMBO + CARROT/CABBAGE COURGETTE
SUNDAY	BREAKFAST EGG, BUTTERED BREAD & TEA	FRUIT OF THE SEASON	PILAU & BEANS WITH CABBAGE + BANANA	BLACK CHOCOLATE + BISCUITS	CHAPATI & BEANS + SPINACH SUKUMA

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