

MENU TIMETABLE

PERIOD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Soya/Maize porridge, Bread	Tea/Milk Egg/g-nuts	Soya/Maize porridge, Bread	Tea/Milk Egg/g-nuts	Soya/Maize porridge, Bread	Tea/Milk Egg/g-nuts	Soya/Maize porridge, Bread
BREAK	Tea/Milk Egg/g-nuts	Soya/Maize porridge Bread	Tea/Milk Egg	Soya/Maize porridge Bread	Tea/Milk Egg/g-nuts	Tea/Milk Bread	Tea/Milk Bread
LUNCH	Matooke/Irish/Posho Rice, Beans, fruit, greens	Matooke/Irish/Macaroni/Rice, Meat, fruit, greens	Matooke/Sweet potatoes/Rice Gnuts/fish, fruit greens	Irish/Sweet potatoes/Rice Meat, fruit, greens	Matooke/Pumpkin/Spaghetti/Rice, Beans, fruit, greens	Matooke/Sweet potatoes/Rice Gnuts/fish, fruit greens	Matooke/Irish/Macaroni/Rice, Meat, fruit, greens
AFTERNOON	Tea/Milk Bread	Tea/Milk Fruit	Tea/Milk Fruit	Soya/Fruit juice Bread	Tea/Milk/Fruit juice Bread	Tea/Milk Bread	Tea/Milk Bread
SUPPER	Matooke/Pumpkin/Spaghetti/posho Rice, Beans, fruit, greens	Matooke/Sweet potatoes/Rice Gnuts/fish, fruit, greens	Matooke/Irish/Posho Rice, Beans, fruit, greens	Matooke/Sweet potatoes/Rice Gnuts/fish, fruit greens	Matooke/Irish/Macaroni/Rice, Beans, fruit, greens	Matooke/Irish/Posho Rice, Beans, fruit, greens	Matooke/Sweet potatoes/Rice Gnuts/fish, fruit greens