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|  | **FRUITS** | **BREAKFAST**  **7:00a.m-9:00a.m** | **LUNCH**  **12:00p.m-2:00p.m** | **DINNER**  **6:00p.m-7:00p.m** |
| **SUNDAY** | APPLE | Sandwiched Bread  (Butter, Titus & Egg) + Beverage | Rice & Beans & Veggies | Pancake + Sausage  + Soft Drink |
| **MONDAY** | BANANA | Plantain & Egg | Swallow + Draw Soup (Ogbono or Ewedu) | Spaghetti + Vegetables |
| **TUESDAY** | ORANGE | Yam &Vegetable Stew (Ugwu) | Beans & Plantain | Puff puff Or Buns + Soft Drink |
| **WEDNESDAY** | PINEAPPLE | Bread & Stew OR Egg | Jollof Rice/Fried Rice/coconut Rice | Fried OR Boiled Potatoes + Green Pepper Sausage Stew |
| **THUSRDAY** | PAWPAW | Noodles & Veggies & Egg | Swallow + Vegetables OR Egusi | Moin Moin AND  Vegetable Salad |
| **FRIDAY** | WATER MELON | Pap & Milk & Moin Moin | Ofada Rice + Vegetable Stew | Boiled + Vegetable Soup Or Roasted Plantain |
| **SATURDAY** | COCONUT | Yam & Egg Stew | Swallow + Okra | Bean Cake (Akara) OR Meat/Fish Pie |

FOOD TIME TABLE