

Meal Plan

DAY	MEALS	ACCOMPANIMENTS	
MONDAY	UGALI	SPINACH	MINCED
	MUKIMO	SPAGGETI	VEGETABLES
TUESDAY	RICE	BEEF	CABBAGE
	UGALI	KUNDE	EGGS
WEDNESDAY	CHAPPATI	NDENGU	MINCED
	MUKIMO	BEEF	CABBAGE
THURSDAY	UGALI	PORK	VEGETABLES
		BEEF	KIENYENJI
FRIDAY	MASHED POTATOES	BEEF STEW	VEGETABLES
	RICE	BEANS	
SATURDAY	RICE	NDENGU	VEGETABLES
	CHAPATI	LIVER	
SUNDAY	UGALI	MATUMBO	VEGES
	FRIES	CHICKEN	SALAD

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