

National Teachers' Training Meals Proposal

Day 1 - 7/9/2018

Breakfast

	Eats
Black Tea (Spiced)	Sausage
African Tea	Banana
Plain Water	Boiled Egg

Lunch

Food	Sauce
Matooke	Beef Stew
Brown Rice	G-Nut Paste
Vegetable Rice	Deep Fried Chicken
Deep Fried Gonja	White Beans
Pumpkin	Green Vegetables
Cassava	

Dessert - Watermelon

Evening Tea

	Eats
Black Tea (Spiced)	Cookies
African Tea	Popcorn
Plain Water	

Dinner

Food	Sauce
Matooke	Beef Stew
Tumeric Rice	Vegetable Chicken
Sweet Potato	Peas
Sphagetti with Veggies	Vegetables

Dessert - Sweet Banana

Day 2 - 8/9/2018

Breakfast

	Eats
Black Tea (Spiced)	Vegetable Samosa
African Tea	Banana
Plain Water	Bread
All Spices and Coffee	

Lunch

Food	Sauce
Matooke	Chicken Stew
Vegetable Rice	G-Nut Paste
Chapati	Fried Goats meat
Parsely Potato	Mixed Veggies
Tumeric Posho	
Yam	

Dessert - Pineapple and Watermelon

Evening Tea

	Eats
Black Tea (Spiced)	Cookies
African Tea	Roasted G-Nuts
Plain Water	

Dinner

Food	Sauce
Matooke	Beef Stew
White Rice	G-Nut Paste
Cassava	Vegetable Chicken
Pumpkin	Green Vegetables
Spaghetti	

Dessert - Sweet Banana

NB: All meals include a drink, either a bottle of soda or a bottle of water

Day 3 - 9/9/2018	
Breakfast	
	Eats
Black Tea (Spiced)	Spring Roll
African Tea	Mandazi
Lunch	
Food	Sauce
Matooke	Beef Stew
Brown Rice	G-Nut Paste
Chapati	Dry Chicken
Kalo	Mixed Vegetables
Sweet Potato	
Dessert - Watermelon and Pineapple	
Evening Tea	
	Eats
Black Tea (Spiced)	Cookies
African Tea	Roasted G-Nuts
Plain Water	
Dinner	
Food	Sauce
Matooke	Fried Beef
White Rice	Dry Chicken
Yams	Gravy
Posho	White Beans (mixed vegetables)
Dessert - Watermelon	

NB: All meals include a drink, either a bottle of soda or a bottle of water