

| | | WEEK | 33 MONDAY MEAL SCHEDULE | | | |
|------|--------------------------|----------------------|-------------------------|---------------|---------------------|--|
| | | Breakfas | Breakfast | | Early Dinner | |
| NT - | No | Sausage & Fried Eggs | Toast / Club | Beef Efo Riro | Catfish pepper soup | |
| No | Name | Pancakes & Beverage | Drinks | Semo | White Rice | |
| 1 | Ozoeze Boniface Utobonny | | SELECTED | | SELECTED | |
| 2 | Omosanya Abidemi | SELECTED | | | SELECTED | |
| 3 | Ebie Osadome | SELECTED | | | SELECTED | |
| 4 | Abdulkabir Abdulwasiu | SELECTED | | | SELECTED | |
| 5 | Paul | SELECTED | | | SELECTED | |
| 6 | Bankole Oyewole | SELECTED | | | SELECTED | |
| 7 | Patrick Ada | SELECTED | | | SELECTED | |
| 8 | Stephen Ohaeri | SELECTED | | | SELECTED | |
| 9 | Omale Emmanuel Abraham | SELECTED | | | SELECTED | |
| 10 | Akanowo Ekarika | SELECTED | | | SELECTED | |
| | Jennifer Oliseyenum | SELECTED | | | SELECTED | |
| | Muoghalu Chidinma Esther | SELECTED | | | SELECTED | |
| | Nnamdi Osuji | SELECTED | | | SELECTED | |
| 14 | Temitope Taiwo | | | | | |
| | Hassan | | | | | |
| 16 | Oluwasanmi | | SELECTED | | SELECTED | |
| 17 | Taiwo | SELECTED | | | SELECTED | |
| 18 | Chibueze | | | | | |
| 19 | Ibrahim | | | | | |
| 20 | Goodness | SELECTED | | | SELECTED | |
| 21 | Annabel | | | | | |
| 22 | Samuel Osinloye | SELECTED | | SELECTED | | |
| 23 | Ehizojie | SELECTED | | | | |
| 24 | Temitayo | | | | | |
| 25 | David | | | | | |
| 26 | Daniel | | | | | |
| 27 | Ifechukwu | | | | | |
| 28 | Chidi | SELECTED | | SELECTED | | |
| 29 | Jeff | | | | | |
| 30 | KC | SELECTED | | | SELECTED | |
| 31 | King | | | | SELECTED | |
| | Demilade | | | | | |
| | Stanley | SELECTED | | SELECTED | | |
| | Oluwasegun | SELECTED | | | SELECTED | |



| | | | WEEK 33 TUESDAY MEAL SCHE | | |
|-------------|--------------------------|------------------------|---------------------------|-----------------------|-----------------|
| | | Breakfast Early Dinner | | | Dinner |
| No | Name | Moi Moi | Toast / Egg Mayonniase | Efo Elegusi / Chicken | Fried Chicken |
| NU | Name | Fish | | Eba | Jollof |
| 1 | Ozoeze Boniface Utobonny | SELECTED | | | SELECTED |
| 2 | Omosanya Abidemi | SELECTED | | | SELECTED |
| 3 | Ebie Osadome | SELECTED | | | SELECTED |
| 4 | Abdulkabir Abdulwasiu | SELECTED | | | SELECTED |
| 5 | Paul | SELECTED | | SELECTED | |
| 6 | Bankole Oyewole | | SELECTED | | SELECTED |
| 7 | Patrick Ada | SELECTED | | | SELECTED |
| 8 | Stephen Ohaeri | SELECTED | | | SELECTED |
| 9 | Omale Emmanuel Abraham | SELECTED | | | SELECTED |
| 10 | Akanowo Ekarika | SELECTED | | | SELECTED |
| 11 | Jennifer Oliseyenum | | SELECTED | | SELECTED |
| 12 | Muoghalu Chidinma Esther | SELECTED | | | SELECTED |
| 13 | Nnamdi Osuji | SELECTED | | | SELECTED |
| | Temitope Taiwo | | | | |
| | Hassan | | | | |
| | Oluwasanmi | | SELECTED | | SELECTED |
| 17 | Taiwo | | SELECTED | | SELECTED |
| | Chibueze | SELECTED | | | SELECTED |
| 19 | Ibrahim | | | | |
| 20 | Goodness | SELECTED | | SELECTED | |
| 21 | Annabel | | | | |
| 22 | Samuel Osinloye | SELECTED | | | SELECTED |
| 23 | Ehizojie | | SELECTED | SELECTED | |
| 24 | Temitayo | | | | |
| 25 | David | | SELECTED | | SELECTED |
| | Daniel | | | | |
| 27 | Ifechukwu | | | | |
| | Chidi | | SELECTED | | SELECTED |
| | Jeff | | | | |
| | KC | SELECTED | | | SELECTED |
| | King | | | | SELECTED |
| | Demilade | | | | O D D D C C D D |
| | Stanley | SELECTED | | | SELECTED |
| | Oluwasegun | SELECTED | | | SELECTED |
| <i>J</i> -r | orawasegun | JEBECTED - | | | JEBECTED - |
| | | | | | |



| | WEEK 33 WEDESDAY MEAL SCHEDULE | | | | |
|----|--------------------------------|--------------------|--------------|--------------------|---------------|
| | | Breakfasţ | | Early Dinner | |
| No | Name | English Brreakfast | Toast & Club | Suya / Chili Sauce | Chicken Curry |
| NU | Name | Apples | | Dundun | White Rice |
| 1 | Ozoeze Boniface Utobonny | | SELECTED | | SELECTED |
| 2 | Omosanya Abidemi | SELECTED | | | SELECTED |
| 3 | Ebie Osadome | SELECTED | | | SELECTED |
| 4 | Abdulkabir Abdulwasiu | SELECTED | | SELECTED | |
| 5 | Paul | SELECTED | | SELECTED | |
| 6 | Bankole Oyewole | SELECTED | | SELECTED | |
| 7 | Patrick Ada | SELECTED | | | SELECTED |
| 8 | Stephen Ohaeri | SELECTED | | SELECTED | |
| 9 | Omale Emmanuel Abraham | | | | |
| 10 | Akanowo Ekarika | SELECTED | | | SELECTED |
| 11 | Jennifer Oliseyenum | | SELECTED | SELECTED | |
| 12 | Muoghalu Chidinma Esther | SELECTED | | | SELECTED |
| 13 | Nnamdi Osuji | SELECTED | | | SELECTED |
| | Temitope Taiwo | | | | |
| | Hassan | | | | |
| | Oluwasanmi | SELECTED | | SELECTED | |
| | Taiwo | | SELECTED | SELECTED | |
| | Chibueze | | | | |
| 19 | Ibrahim | | | | |
| 20 | Goodness | SELECTED | | | SELECTED |
| 21 | Annabel | | | | |
| 22 | Samuel Osinloye | SELECTED | | | SELECTED |
| 23 | Ehizojie | SELECTED | | | SELECTED |
| 24 | Temitayo | | | | |
| 25 | David | SELECTED | | SELECTED | |
| | Daniel | | | | |
| | Ifechukwu | | | | |
| | Chidi | SELECTED | | SELECTED | |
| | leff | | | | |
| 30 | KC | SELECTED | | | SELECTED |
| | King | | | | SELECTED |
| 32 | Demilade | SELECTED | | | SELECTED |
| | Stanley | | SELECTED | | SELECTED |
| 34 | Oluwasegun | SELECTED | | SELECTED | |
| | | | | | |



| | WEEK 33 THURSDAY MEAL SCHEDULE | | | | |
|----|--------------------------------|---------------|--------------------------------|---------------------|---------------------|
| | | | reakfast | | Dinner |
| No | Name | Fried Chicken | Sardine Sandwich (not toasted) | Beef & shaki Ogbono | Chili Fried chicken |
| NO | | Dodo | Salume Sanuwich (not toasteu) | Eba | Basmati Fried Rice |
| 1 | Ozoeze Boniface Utobonny | SELECTED | | | SELECTED |
| 2 | Omosanya Abidemi | SELECTED | | | SELECTED |
| 3 | Ebie Osadome | SELECTED | | | SELECTED |
| 4 | Abdulkabir Abdulwasiu | SELECTED | | | SELECTED |
| 5 | Paul | SELECTED | | | SELECTED |
| 6 | Bankole Oyewole | SELECTED | | | SELECTED |
| 7 | Patrick Ada | SELECTED | | SELECTED | |
| 8 | Stephen Ohaeri | SELECTED | | SELECTED | |
| 9 | Omale Emmanuel Abraham | | | | |
| 10 | Akanowo Ekarika | SELECTED | | SELECTED | |
| 11 | Jennifer Oliseyenum | | SELECTED | | SELECTED |
| 12 | Muoghalu Chidinma Esther | SELECTED | | | SELECTED |
| 13 | Nnamdi Osuji | SELECTED | | | SELECTED |
| 14 | Temitope Taiwo | | | | |
| 15 | Hassan | | | | |
| 16 | Oluwasanmi | SELECTED | | | SELECTED |
| 17 | Taiwo | SELECTED | | SELECTED | |
| 18 | Chibueze | | | | |
| 19 | Ibrahim | | | | |
| 20 | Goodness | SELECTED | | | SELECTED |
| 21 | Annabel | | | | |
| | Samuel Osinloye | SELECTED | | | SELECTED |
| | Ehizojie | SELECTED | | SELECTED | |
| | Temitayo | | | | |
| | David | SELECTED | | | SELECTED |
| | Daniel | | | | |
| | Ifechukwu | | | | |
| | Chidi | SELECTED | | SELECTED | |
| | Jeff | | | | |
| | KC | SELECTED | | | SELECTED |
| | King | | | SELECTED | |
| | Demilade | SELECTED | | | |
| 33 | Stanley | SELECTED | | SELECTED | SELECTED |
| 34 | Oluwasegun | SELECTED | | | SELECTED |
| | | | | | |



| | Att. care one | | WEEK 33 FRIDAY MEAL SCHEDULE | | |
|------|--------------------------|----------------------|------------------------------|---------------------|----------------|
| | | | eakfast | Early Dinner | |
| NI O | Name | Pancake / Fried Eggs | Chicken Sandwich (Toast) | Chili Fried Croaker | Beef Okro Soup |
| No | Name | Sausages | Chicken Sandwich (Toast) | Sweet Potato Fries | Eba |
| 1 | Ozoeze Boniface Utobonny | | SELECTED | | SELECTED |
| 2 | Omosanya Abidemi | SELECTED | | | |
| 3 | Ebie Osadome | SELECTED | | SELECTED | |
| 4 | Abdulkabir Abdulwasiu | SELECTED | | | |
| 5 | Paul | SELECTED | | SELECTED | |
| 6 | Bankole Oyewole | SELECTED | | SELECTED | |
| 7 | Patrick Ada | SELECTED | | SELECTED | |
| 8 | Stephen Ohaeri | SELECTED | | | SELECTED |
| 9 | Omale Emmanuel Abraham | | | | |
| 10 | Akanowo Ekarika | SELECTED | | | SELECTED |
| 11 | Jennifer Oliseyenum | SELECTED | | SELECTED | |
| 12 | Muoghalu Chidinma Esther | SELECTED | | SELECTED | |
| 13 | Nnamdi Osuji | SELECTED | | | |
| 14 | Temitope Taiwo | | | | |
| | Hassan | | | | |
| 16 | Oluwasanmi | | SELECTED | | SELECTED |
| 17 | Taiwo | SELECTED | | | SELECTED |
| 18 | Chibueze | | | | |
| 19 | Ibrahim | | | | |
| 20 | Goodness | SELECTED | | | |
| 21 | Annabel | | | | |
| 22 | Samuel Osinloye | SELECTED | | | SELECTED |
| | Ehizojie | SELECTED | | | SELECTED |
| 24 | Temitayo | | | | |
| 25 | David | | SELECTED | SELECTED | |
| 26 | Daniel | | | | |
| 27 | Ifechukwu | | | | |
| | Chidi | SELECTED | | SELECTED | |
| | Jeff | | | | |
| 30 | КС | SELECTED | | SELECTED | |
| 31 | King | | | | SELECTED |
| 32 | Demilade | | | | |
| 33 | Stanley | SELECTED | | | SELECTED |
| | Oluwasegun | SELECTED | | SELECTED | |
| | - | | | | |



| | WEEK 33 SATURDAY MEAL SCHEDULE | | | |
|----|--------------------------------|----------------------|--------------|--|
| | | Early Dinner | | |
| No | Name | Ofe Onugbu with Beef | Chili Fried | |
| NO | Name | Fufu | Coconut Rice | |
| 1 | Ozoeze Boniface Utobonny | SELECTED | | |
| 2 | Omosanya Abidemi | | | |
| 3 | Ebie Osadome | | SELECTED | |
| 4 | Abdulkabir Abdulwasiu | | SELECTED | |
| 5 | Paul | SELECTED | | |
| 6 | Bankole Oyewole | | SELECTED | |
| 7 | Patrick Ada | SELECTED | SELECTED | |
| 8 | Stephen Ohaeri | SELECTED | | |
| 9 | Omale Emmanuel Abraham | | | |
| 10 | Akanowo Ekarika | SELECTED | | |
| 11 | Jennifer Oliseyenum | | SELECTED | |
| 12 | Muoghalu Chidinma Esther | | SELECTED | |
| 13 | Nnamdi Osuji | | SELECTED | |
| 14 | Temitope Taiwo | | | |
| 15 | Hassan | | | |
| 16 | Oluwasanmi | | SELECTED | |
| 17 | Taiwo | SELECTED | | |
| 18 | Chibueze | | | |
| 19 | Ibrahim | | | |
| 20 | Goodness | | SELECTED | |
| 21 | Annabel | | | |
| 22 | Samuel Osinloye | | | |
| 23 | Ehizojie | SELECTED | | |
| 24 | Temitayo | | | |
| 25 | David | | | |
| 26 | Daniel | | | |
| 27 | Ifechukwu | | | |
| 28 | Chidi | | | |
| 29 | Jeff | | | |
| 30 | KC | SELECTED | | |
| | King | | SELECTED | |
| 32 | Demilade | | | |
| 33 | Stanley | | | |
| 34 | Oluwasegun | | SELECTED | |



| | | WEEK 33 SUNDAY MEAL SCHEDULE | | |
|----|--------------------------|------------------------------|------------|--|
| | | Early Dinner | | |
| No | Name | Rice & Beans | Shawarma | |
| | | Fish sauce | | |
| 1 | Ozoeze Boniface Utobonny | SELECTED | | |
| 2 | Omosanya Abidemi | SELECTED | | |
| 3 | Ebie Osadome | SELECTED | | |
| 4 | Abdulkabir Abdulwasiu | | SELECTED | |
| 5 | Paul | SELECTED | | |
| 6 | Bankole Oyewole | SELECTED | | |
| 7 | Patrick Ada | SELECTED | | |
| 8 | Stephen Ohaeri | | SELECTED | |
| 9 | Omale Emmanuel Abraham | | | |
| 10 | Akanowo Ekarika | | SELECTED | |
| 11 | Jennifer Oliseyenum | SELECTED | | |
| 12 | Muoghalu Chidinma Esther | SELECTED | | |
| 13 | Nnamdi Osuji | | SELECTED | |
| | Temitope Taiwo | | | |
| | Hassan | | | |
| 16 | Oluwasanmi | | SELECTED | |
| | Taiwo | SELECTED | | |
| | Chibueze | SELECTED | | |
| | Ibrahim | | | |
| 20 | Goodness | | SELECTED | |
| | Annabel | | | |
| | Samuel Osinloye | | | |
| | Ehizojie | SELECTED | | |
| | Temitayo | SHEECT ED | | |
| | David | | | |
| | Daniel | | | |
| | Ifechukwu | | | |
| | Chidi | | | |
| | leff | | | |
| | KC | | SELECTED | |
| | King | SELECTED | JEBEG I ED | |
| | Demilade | JEDECT ED | | |
| | Stanley | | | |
| | Oluwasegun | SELECTED | | |
| | Oluwaseguli | SINDINGTIND | | |