

Your menus for this month

Tuesday, May 5, 2022

Lunch

Other Pulses : 60g.
Maize (Meal) : 228g.
Palm Oil : 40g.
Other Vegetables : 125g.
Other Fruit : 50g.
Coffee : 0g.

Dinner

Other Pulses : 60g.
Maize (Meal) : 228g.
Palm Oil : 40g.
Other Vegetables : 125g.
Other Fruit : 50g.
Coffee : 0g.

Wednesday, May 6, 2022

Lunch

Peas : 126g.
Cassava : 551g.
Palm Oil : 40g.
Tomatoes : 125g.
Berries & Grapes : 50g.
Coffee : 0g.

Dinner

Peas : 126g.
Cassava : 551g.
Palm Oil : 40g.
Tomatoes : 125g.
Berries & Grapes : 50g.
Coffee : 0g.

Thursday, May 7, 2022

Lunch

Tofu : 133g.
Maize (Meal) : 264g.
Palm Oil : 34g.
Root Vegetables : 125g.
Other Fruit : 50g.
Barley (Beer) : 0g.

Dinner

Tofu : 133g.
Maize (Meal) : 264g.
Palm Oil : 34g.
Root Vegetables : 125g.
Other Fruit : 50g.
Barley (Beer) : 0g.

Friday, May 8, 2022

Lunch

Other Pulses : 67g.
Maize (Meal) : 219g.
Rapeseed Oil : 40g.
Root Vegetables : 125g.
Citrus Fruit : 50g.
Wine : 0g.

Dinner

Other Pulses : 67g.
Maize (Meal) : 219g.
Rapeseed Oil : 40g.
Root Vegetables : 125g.
Citrus Fruit : 50g.
Wine : 0g.

Saturday, May 9, 2022

Lunch

Soymilk : 394g.
Maize (Meal) : 235g.
Sunflower Oil : 33g.
Root Vegetables : 125g.
Other Fruit : 50g.
Beet Sugar : 0g.

Dinner

Soymilk : 394g.
Maize (Meal) : 235g.
Sunflower Oil : 33g.
Root Vegetables : 125g.
Other Fruit : 50g.
Beet Sugar : 0g.

Sunday, May 10, 2022

Lunch

Peas : 63g.
Maize (Meal) : 226g.
Rapeseed Oil : 40g.
Tomatoes : 125g.
Berries & Grapes : 50g.
Coffee : 0g.

Dinner

Peas : 63g.
Maize (Meal) : 226g.
Rapeseed Oil : 40g.
Tomatoes : 125g.
Berries & Grapes : 50g.
Coffee : 0g.

Monday, May 11, 2022

Lunch

Peas : 127g.
Cassava : 518g.
Palm Oil : 41g.
Onions & Leeks : 125g.
Bananas : 50g.
Cane Sugar : 0g.

Dinner

Peas : 127g.
Cassava : 518g.
Palm Oil : 41g.
Onions & Leeks : 125g.
Bananas : 50g.
Cane Sugar : 0g.

Tuesday, May 12, 2022

Lunch

Other Pulses : 59g.
Maize (Meal) : 232g.
Sunflower Oil : 40g.
Other Vegetables : 125g.
Citrus Fruit : 50g.
Barley (Beer) : 0g.

Dinner

Other Pulses : 59g.
Maize (Meal) : 232g.
Sunflower Oil : 40g.
Other Vegetables : 125g.
Citrus Fruit : 50g.
Barley (Beer) : 0g.

Wednesday, May 13, 2022

Lunch

Tofu : 138g.
Maize (Meal) : 262g.
Palm Oil : 34g.
Onions & Leeks : 125g.
Berries & Grapes : 50g.
Dark Chocolate : 0g.

Dinner

Tofu : 138g.
Maize (Meal) : 262g.
Palm Oil : 34g.
Onions & Leeks : 125g.
Berries & Grapes : 50g.
Dark Chocolate : 0g.

Thursday, May 14, 2022

Lunch

Tofu : 137g.
Maize (Meal) : 263g.
Sunflower Oil : 34g.
Root Vegetables : 125g.
Apples : 50g.
Dark Chocolate : 0g.

Dinner

Tofu : 137g.
Maize (Meal) : 263g.
Sunflower Oil : 34g.
Root Vegetables : 125g.
Apples : 50g.
Dark Chocolate : 0g.

Friday, May 15, 2022

Lunch

Other Pulses : 61g.
Maize (Meal) : 225g.
Palm Oil : 40g.
Other Vegetables : 125g.
Bananas : 50g.
Wine : 0g.

Dinner

Other Pulses : 61g.
Maize (Meal) : 225g.
Palm Oil : 40g.
Other Vegetables : 125g.
Bananas : 50g.
Wine : 0g.

Saturday, May 16, 2022

Lunch

Soymilk : 349g.
Maize (Meal) : 246g.
Soybean Oil : 34g.
Other Vegetables : 125g.
Other Fruit : 50g.
Coffee : 0g.

Dinner

Soymilk : 349g.
Maize (Meal) : 246g.
Soybean Oil : 34g.
Other Vegetables : 125g.
Other Fruit : 50g.
Coffee : 0g.

Sunday, May 17, 2022

Lunch

Soymilk : 354g.
Maize (Meal) : 244g.
Soybean Oil : 34g.
Other Vegetables : 125g.
Berries & Grapes : 50g.
Coffee : 0g.

Dinner

Soymilk : 354g.
Maize (Meal) : 244g.
Soybean Oil : 34g.
Other Vegetables : 125g.
Berries & Grapes : 50g.
Coffee : 0g.

Monday, May 18, 2022

Lunch

Tofu : 131g.
Maize (Meal) : 267g.
Rapeseed Oil : 35g.
Root Vegetables : 125g.
Citrus Fruit : 50g.
Coffee : 0g.

Dinner

Tofu : 131g.
Maize (Meal) : 267g.
Rapeseed Oil : 35g.
Root Vegetables : 125g.
Citrus Fruit : 50g.
Coffee : 0g.

Tuesday, May 19, 2022

Lunch

Peas : 68g.
Maize (Meal) : 212g.
Palm Oil : 40g.
Onions & Leeks : 125g.
Bananas : 50g.
Dark Chocolate : 0g.

Dinner

Peas : 68g.
Maize (Meal) : 212g.
Palm Oil : 40g.
Onions & Leeks : 125g.
Bananas : 50g.
Dark Chocolate : 0g.

Wednesday, May 20, 2022

Lunch

Peas : 58g.
Maize (Meal) : 230g.
Rapeseed Oil : 40g.
Other Vegetables : 125g.
Other Fruit : 50g.
Dark Chocolate : 0g.

Dinner

Peas : 58g.
Maize (Meal) : 230g.
Rapeseed Oil : 40g.
Other Vegetables : 125g.
Other Fruit : 50g.
Dark Chocolate : 0g.

Thursday, May 21, 2022

Lunch

Soymilk : 374g.
Maize (Meal) : 245g.
Soybean Oil : 33g.
Tomatoes : 125g.
Other Fruit : 50g.
Cane Sugar : 0g.

Dinner

Soymilk : 374g.
Maize (Meal) : 245g.
Soybean Oil : 33g.
Tomatoes : 125g.
Other Fruit : 50g.
Cane Sugar : 0g.

Friday, May 22, 2022

Lunch

Other Pulses : 61g.
Maize (Meal) : 225g.
Palm Oil : 40g.
Other Vegetables : 125g.
Bananas : 50g.
Beet Sugar : 0g.

Dinner

Other Pulses : 61g.
Maize (Meal) : 225g.
Palm Oil : 40g.
Other Vegetables : 125g.
Bananas : 50g.
Beet Sugar : 0g.

Saturday, May 23, 2022

Lunch

Soymilk : 349g.
Maize (Meal) : 246g.
Palm Oil : 34g.
Other Vegetables : 125g.
Other Fruit : 50g.
Dark Chocolate : 0g.

Dinner

Soymilk : 349g.
Maize (Meal) : 246g.
Palm Oil : 34g.
Other Vegetables : 125g.
Other Fruit : 50g.
Dark Chocolate : 0g.

Sunday, May 24, 2022

Lunch

Tofu : 120g.
Maize (Meal) : 269g.
Palm Oil : 35g.
Other Vegetables : 125g.
Bananas : 50g.
Barley (Beer) : 0g.

Dinner

Tofu : 120g.
Maize (Meal) : 269g.
Palm Oil : 35g.
Other Vegetables : 125g.
Bananas : 50g.
Barley (Beer) : 0g.

Monday, May 25, 2022

Lunch

Other Pulses : 72g.
Maize (Meal) : 211g.
Sunflower Oil : 40g.
Onions & Leeks : 125g.
Apples : 50g.
Barley (Beer) : 0g.

Dinner

Other Pulses : 72g.
Maize (Meal) : 211g.
Sunflower Oil : 40g.
Onions & Leeks : 125g.
Apples : 50g.
Barley (Beer) : 0g.

Tuesday, May 26, 2022

Lunch

Peas : 61g.
Maize (Meal) : 231g.
Soybean Oil : 40g.
Tomatoes : 125g.
Citrus Fruit : 50g.
Cane Sugar : 0g.

Dinner

Peas : 61g.
Maize (Meal) : 231g.
Soybean Oil : 40g.
Tomatoes : 125g.
Citrus Fruit : 50g.
Cane Sugar : 0g.

Wednesday, May 27, 2022

Lunch

Soymilk : 394g.
Maize (Meal) : 235g.
Rapeseed Oil : 33g.
Root Vegetables : 125g.
Other Fruit : 50g.
Cane Sugar : 0g.

Dinner

Soymilk : 394g.
Maize (Meal) : 235g.
Rapeseed Oil : 33g.
Root Vegetables : 125g.
Other Fruit : 50g.
Cane Sugar : 0g.

Thursday, May 28, 2022

Lunch

Soymilk : 408g.
Maize (Meal) : 232g.
Rapeseed Oil : 33g.
Onions & Leeks : 125g.
Berries & Grapes : 50g.
Cane Sugar : 0g.

Dinner

Soymilk : 408g.
Maize (Meal) : 232g.
Rapeseed Oil : 33g.
Onions & Leeks : 125g.
Berries & Grapes : 50g.
Cane Sugar : 0g.

Friday, May 29, 2022

Lunch

Tofu : 135g.
Maize (Meal) : 262g.
Palm Oil : 35g.
Root Vegetables : 125g.
Bananas : 50g.
Dark Chocolate : 0g.

Dinner

Tofu : 135g.
Maize (Meal) : 262g.
Palm Oil : 35g.
Root Vegetables : 125g.
Bananas : 50g.
Dark Chocolate : 0g.

Saturday, May 30, 2022

Lunch

Other Pulses : 66g.
Maize (Meal) : 224g.
Soybean Oil : 40g.
Tomatoes : 125g.
Apples : 50g.
Beet Sugar : 0g.

Dinner

Other Pulses : 66g.
Maize (Meal) : 224g.
Soybean Oil : 40g.
Tomatoes : 125g.
Apples : 50g.
Beet Sugar : 0g.