**GAHUNDA Y’IMIRIRE KUMUNTU UFITE O USHAKA KONGERA IBIRO**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **KUWA MBERE** | **KUWA KABIRI** | **KUWA GATATU** | | **KUWA KANE** | **KUWA GATANU** | **KUWA GATANDATU** | **KUCYUMWERU** |
| MU GITONDO | Igikoma(ingano,ingano ,ibigori,ibihwagali,soja)+moringa  Umugati | Porici irimo amata | Igikoma(ingano,ingano ,ibigori,ibihwagali,soja)+moringa  Umugati | Icyayi cy’amata | | Igikoma(ingano,ingano ,ibigori,ibihwagali,soja)+moringa  Umugati | Agatogo karimo inyama  Iyayi cy’amata | Igikoma(ingano,ingano ,ibigori,ibihwagali,soja)+moringa  Umugati |
| 9h – a 11h | Mangue | Orange,water melon | Pomme | Water melon | | Umutobe w’amaronji | Banane | Amata |
| Saa sita | Salade(ya , tomate ,avoka , amashu , citron ,huile d,olive),  Macaroni  Inyama /,amafi | Salade(ya carrotte, tomate ,concombre , persil, avocat,huile d,olive)  Semoule de ble dur  Isosi y’ubunyobwa | Salade(ya carrotte, choux ,tomate, huile d,olive)  Ibirayi , ibishyimbo bitukura , | Isombe+ubunyobwa, salade, umuceli,ifiriti y’ibirayi | | Salade ya beterave ,laitue,tomato ,huile d’olive ,  Kawunga  Inkoko | Salade ya beterave , tomato ,Ibitunguru ,huile d’olive , semoule de ble dur | Igitoki /macaroni, amashaza  Poulet  Salade , karoti, avocat, huile d’olive) |
| 15h – 17h00 | Amazi 500ml | Amazi 500ml | Amazi 500ml | Amazi 500ml | | Amazi 500ml | Amazi 500ml | Amazi 500ml |
| NIJORO | Dodo ,tomate, puwaro, curry, carrote,ubunyobwa/lentille, kawunga | Choux ,tomate, puwaro, curry, carrote,lentille  huile d’olive,  umuceli | Ifi, imiteja karoti, tomate, puwaro,  Tungurusumu,  Macaroni | Isosi y,ubunyobwa ,imboga na semoule de ble dur | | Potage ya lentille ,puwaro,karoti ,poivron ,celery concombre,poivre blanc ,  Umugati | Ibirayi  Amashaza ,karoti ,poivron ,celery ,tungurusumu ,tomate | Dodo ,tomate, puwaro, curry, carrote,ubunyobwa/lentille, kawunga |

## **NB GUKORA SPORT AHO BISHOBOKA**

**AMAZI UYANYWA UKO UYAKENEYE**

**AMAVUTA UKORESHA SESAME ,N’IBIHWAGALI**

**IGIHE WASOHOTSE URYA IBYO WATEGURIWE NTA KIBAZO**