**GAHUNDA Y’IMIRIRE KUMUNTU UFITE A+ KONGERA IBIRO**

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|  | KUWA MBERE | KUWA KABIRI | KUWA GATATU | | KUWA KANE | KUWA GATANU | KUWA GATANDATU | KUCYUMWERU |
| UKIBYUKA | Amazi 500ml | Amazi 500ml | Amazi 500ml | Amazi 500ml | | Amazi 500ml | Amazi 500ml | Amazi 500ml |
| MU GITONDO | Igikoma(ingano,amasaka ,soya ,ibihwagali )+moringa  Umugati | Icyayi cy’amata  Umugati urimo avoka cg cake | Agatogo karimo imboga n’inyama | Igikoma(ingano,amasaka ,soya ,ibihwagali )+moringa  Umugati | | Icyayi cy’amata  Umugati urimo avoka cg capati | Agatogo karimo imboga n’inyama | Igikoma(ingano,amasaka ,soya ,ibihwagali )+moringa  Umugati |
| 9h – a 11h | Mangue | Umutobe wa pomme papaya na orange | Water melon | imineke | | Pomme | Umutobe wa pomme,papaya, na orange | Imineke |
| Saa sita | Semoule de ble  Salade(ya carrotte,imiteja ,concombre ,laitue , huile de tourne sol )Ifi ,ibishyimbo bitukura | Ibishyimbo  , Salade(ya carrotte,radis ,igitunguru ,indimu, huile d’olive) , macaroni  Inyama | Salade ya, laitue, igitunguru,concombre ,huile de tourne sol ) ,  Umuceli, n’ifiriti  Isombe irimo ubunyobwa | Ibijumba  Ibishyimbo+intoryi+tomate +karoti  Igi | | Ibishyimbo  salade ya karoti,ibitunguru ,indimu,concombre,amavuta y’ibihwagali ,  inyama ,semoule de ble | Ibishyimbo ,salade ya karoti ,ibitunguru ,amavuta y’ibihwagali  Macaroni | Igitoki ,  Inkoko  Salade ya, karoti, ibitunguru,imiteja, amavuta y’ibihwagali , |
| 15h – 17h00 | Imbuto | Amata | Umutobe w’imbuto | Icyayi’amata | | Umwembe | Amata | pomme |
| NIJORO | Potage ya ,karoti ,ibihaza ,tungurusumu ,poireaux,poivron Ibirayi amavuta y;ibihwagali , curry, moringa | Amashaza ,karoti,igihaza ,poireaux ,amavuta y’ibihwagali  Igitoki | Potage ya ,karoti ,ibihaza ,tungurusumu ,poireaux,poivron Ibirayi amavuta y;ibihwagali , curry, moringa  Umugati | Amashaza ,karoti,igihaza ,poireaux ,amavuta y’ibihwagali  Ibijumba | | Kawunga  Potage ya ,karoti ,ibihaza ,tungurusumu ,poireaux,poivron Ibirayi amavuta y;ibihwagali , curry, moringa | Igitoki ,dodo,tomate ,poireaux ,poivron | Potage y’amashaza ,karoti,poivre blanc ,igihaza ,poireaux ,amavuta y’ibihwagali |

IMYITOZO NGORORAMUBIRI :

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| UBWOKO | IGIHE KU MUNSI | INSHURO MU CYUMWERU |
| Gym tonic | 30 minute | 3 mu cyumweru |