**GAHUNDA Y’IMIRIRE KUMUNTU UFITE A+ KONGERA IBIRO (abana)**

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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, ibigori )  Umugati | Icyayi cy’amata  Umugati urimo avoka cg cake | Igikoma (ingano, amasaka ,soya ,ibihwagali, ibigori)+ moringa  Umugati | Igikoma (ingano, amasaka ,soya ,ibihwagali, ibigori)+ moringa  Umugati | | Icyayi cy’amata  Umugati urimo avoka cg capati | Igikoma (ingano, amasaka ,soya ,ibihwagali, ibigori)+ moringa  Umugati | Igikoma(ingano,amasaka ,soya ,ibihwagali, ibigori)+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  Ifi ,ibishyimbo bitukura | Macaroni  Inyama, chouxfleur | Umuceli, n’ifiriti  Isombe irimo ubunyobwa | Ibijumba  Ibishyimbo+intoryi+tomate +karoti  Igi | | semoule de ble Ibishyimbo ,  inyama , | Macaroni, amashaza, dodo | Umuceri,  Inkoko, imiteja |
| 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 |