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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **KUWA MBERE** | **KUWA KABIRI** | **KUWA GATATU** | **KUWA KANE** | **KUWA GATANU** | **KUWA GATANDATU** | **KU CYUMWERU** |
| MU GITONDO | igikoma: ingano, ibigori, ibihwagari, uburo, soya +sesame  Umugati | igikoma: ingano, ibigori, ibihwagari, uburo, soya, +sesame  Umugati | igikoma: ingano, ibigori, ibihwagari, uburo, soya, +sesame  Umugati | Icyayi cy’amata ,umugati urimo avoka | igikoma: ingano, ibigori, ibihwagari, uburo, soya, +sesame  Umugati + peanut butter | igikoma: ingano, ibigori, ibihwagari, uburo, soya, +sesame  Umugati + peanut butter | Icyayi cy’amata ,umugati na omelette |
| 10H A11H | Banane et mangue | Jus d’Orange , papaye | Banane , mangue | Orange et banane | Maracuja, banane | Jus d’orange | Jus d’ananas |
| SAA SITA | Macaroni, ifu y’ndagara na dodo  +spirulina | kawunga Ibishyimbo, karoti,  ,avocat  +spirulina | Salade  Ibirayi, amashaza, Inyama  +spirulina | Semoule de ble dur, isosi y’ubunyobwa na carottes  +spirulina | umuceri,  Ifiriti y’ibirayi, inkoko, imiteja  +spirulina | igitoki, ifu y’inzuzi, dodo, igi  +spirulina | Semoule de ble dur, ifi, ibishyimbo  +spirulina |
| 15-17H00 | Igikoma | Amata | Yoghurt | Igikoma | Igikoma | amata | Igikoma |
| NIJORO | Potage (courgette, ibirayi, poivron, ibitunguru, epinard, ifu y’inzuzi)  +spirulina  umugati | Couscous n’amashaza na carrotte | Semoule de ble n’isosi y’isambaza n’ubunyobwa | Igitoki, chouxfleur, carotte, ifu y’inzuzi | Potage y’ibihumyo n’umugati | Macaroni, ifi | Ibirayi, ifi, na choux fleur, carrottes, tomatte |

**GAHUNDA Y’IMIRIRE KU MUNTU UFITE AB KONGERA IBIRO (ABANA)**