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

|  |  |  |  |  |  |  |  |
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|  | KUWA MBERE | KUWA KABIRI | KUWA GATATU | KUWA KANE | KUWA GATANU | KUWA GATANDATU | KUCYUMWERU |
| MU GITONDO | Igikoma cy’  ingano+ibigori+ifu y’inzuzi +amarante +Moringa ,umugati | Icyayi’cy’amata ,umugati usize avoka | Igikoma cy’  ingano+ibigori+ifu y’inzuzi +amarante+moringa | Igikoma cy’  ingano+ibigori+ifu y’inzuzi +amarante+moringa | Igikoma cy’  ingano+ibigori+ifu y’inzuzi +amarante+moringa | Icyayi’cy’amata ,umugati usize avoka | Umugati usize Beure d’arachide/  arachide |
| 10h - a 11h | Pomme rouge | Umwembe/avoka | Orange | Amata | Water melon | Orange | Umwembe |
| Saa sita- 13h | Ibishyimbo by’umukara,  itomati,  semoule de ble ,inyama | Salade(carote+  avocat+itomati+  citron+oignon+  huile d’olive)/  pomme de terre | Isosi y’ubunyobwa irimo itomati, na macaroni,huile de colza | Isosi y’ubunyobwa salade(avocat,  Carotte,itomati+oignon)Semoule de ble | Ibishyimbo by’umukara,  itomati,  pate jaune | Poulet,itomati salade(carotte+  Oignon+citron+  Avocat+  Itomati ,umuceli n’ifiriti | Poulet,itomati,  semoule de ble dur/kawunga |
| 15h – 17h00 | Amata | Umutobe w’umwembe na water melon | watermelon | Umwembe | pomme | oramge | Watermelon |
| NIJORO | Potage lentille,  pomme de terre,itomati,moringa  ,poivre blanc,huile de colza, | Potage lentille +itomati+  moringa+huile de colza),  macaroni | Petit pois,itomati  ,moringa,  poivre blanc,huile de colza ,umuceli | petit pois,itomati,  moringa,poivre blanc,huile de colza  igitoki | Petit pois,  itomati  ,moringa,poivre blanc,huile de colza,ibirayi | Potage lentille, petit pois,  itomati,  moringa,poivre blanc,huile de colza,umugati | Isosi y’ubunyobwa ,sambaza  itomati  ,moringa,poivre blanc,huile de colza,macaroni |

IMYITOZO NGORORAMUBIRI :

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| UBWOKO | IGIHE KU MUNSI | INSHURO MU CYUMWERU |
| Kugenda wihuta n’amaguru | 20-40’ minute | 2 cg 3 mu cyumweru |
| koga | 30 minute | 3 cg 4 mu cyumweru |

N.B: Repas za 10h na 15h singombwa igihe udashonje