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

|  |  |  |  |  |  |  |  |  |
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|  | **KUWA MBERE** | **KUWA KABIRI** | **KUWA GATATU** | | **KUWA KANE** | **KUWA GATANU** | **KUWA GATANDATU** | **KUCYUMWERU** |
| MU GITONDO | Igikoma (ingano, ibigori, ibihwagali, soja)+ moringa  Umugati | Porici irimo amata | Igikoma (ingano, ibigori, ibihwagali, soja)+ moringa  Umugati | Porici irimo amata | | Igikoma (ingano, ibigori, ibihwagali, soja) + moringa biscuits (digestive) | Porici irimo amata | Igikoma (ingano, ibigori, ibihwagali, soja)+ moringa  Umugati |
| 9h – a 11h | Mangue | Orange,water melon | Pomme | Papaya/ pomme | | Umutobe w’amaronji | Banane | Amata |
| Saa sita | Macaroni, imiteja, carotte,  ifi | Semoule de ble dur  Isosi y’ubunyobwa na dodo | Ibirayi , ibishyimbo bitukura, carottes, inyanya. | Isombe+ubunyobwa, salade, umuceli,ifiriti y’ibirayi | |  | 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**