**GAHUNDA Y’IMIRIRE KUMUNTU UFITE AB+ MUKUGABANYA IBIRO**

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|  | KUWA MBERE | KUWA KABIRI | KUWA GATATU | KUWA KANE | KUWA GATANU | KUWA GATANDATU | KUCYUMWERU |
| UKIBYUKA | Amazi ashyushye 500ML +CITRON | Amazi ashyushye 500 ml+Citron | Amazi ashyushye  500ml+citron | Amazi ashyushye 500ml+citron | Amazi ashyushye 500 ml+citron | Amazi ashyushye 500 ml+citron | Amazi ashyushye 500ml+citron |
| MU GITONDO | Igikoma(uburo,amata ya soya) | Igikoma(uburo, amata ya soya) | Igikoma (uburo, amata ya soya) | Igikoma(uburo, amata ya soya) | Igikoma(uburo ,amata ya soya) | Igikoma(uburo, amata ya soya) | Igikoma(uburo, amata ya soya) |
| 9h – a 11h | Umutobe winanasi /amazi | Umutobe wa hibiscus /amazi | Papaye /amazi | Umutobe wa hibiscus /imizabibu | Umutobe wa hibiscus | Inanasi cg inkeli/amazi | Ipapayi /amazi |
| Saa sita | Salade(ya carrotte, beterave ,oignon rouge,persil ,indimu , huile d,olive)  Umuceli  ubunyobwa, dodo | ,salade ya carotte , igitunguru ,indimu, huile d’olive) ,  imyumbati, ibishyimbo, igi  Imiteja | salade ya concombre, karoti, ibitunguru, ,indimu  Amateke, Ibishyimbo, chouxfleur, inkoko | Salade ya, karoti, igitunguru, beterave, persil indimu, huile d’olive) ,  Igitoki ,amashaza  imiteja | salade ya karoti,ibitunguru,beterave ,indimu,  huile d’olive ,  ,imyumbati  Ibishyimbo, dodo | ,salade ya karoti ,ibitunguru,indimu ,tomati ,persil huile d’olive  igihaza, imiteja, amashaza, inkoko | Salade ya, karoti, ibitunguru, inyanya,,persil, huile d’olive,indimu  Umuceli  Isosi y’ubunyobwa, ifi, brocoli |
| 15h – 17h00 | Amazi 500ml | Amazi 500ml | Amazi 500ml | Amazi 500ml | Amazi 500ml | Amazi 500ml | Amazi 500ml |
| NIJORO | Potage ya broccoli, persil,poivron, tungurusumu ,amavuta ya olive , curry powder, | Porici  Icyayi cya hibiscus | Potage ya broccoli, igihaza ,persil, tungurusumu ,chou fleur, amavuta ya olive , curry powder, | Igikoma(uburo, ,amata ya soya | Porici  Icyayi cya hibiscus | Choux fleur,carottes, courgette, inyanya, tungurusumu ,amavuta ya olive | Potage ya broccoli ,persil, celeri tungurusumu ,chou fleur, amavuta ya olive , curry powder, |

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- 45 minutes | 3 cg 4 mu cyumweru |

N.B: Repas za 10h singombwa igihe udashonje