Foods

FOOD TIMETABLE FOR July

|  |  |  |  |
| --- | --- | --- | --- |
| DAY | Morning | Afternoon | Dinner |
| **WEEK 1** |  |  |  |
| 1 Monday | Tom brown/bread | Banana/orange | Rice/kontomere |
| 2Tuesday | Rice porridge/bread |  | Yam/Kontomere |
| 3 Wednesday | Milo/bread/ egg | Banana/orange | Rice/ kontomere |
| 4 Thursday | Mashed kentey/ groundnut |  | Yam/kontomere |
| 5 Friday | Oats/ bread |  | Waakye and plantain |
| 6 Saturday | Tom brown/ bread |  |  |
| 7 Sunday |  |  |  |
| **WEEK 2** |  |  |  |
| 8 Monday |  |  |  |
| 9 Tuesday |  |  |  |
| 10 Wednesday |  |  |  |
| 11 Thursday |  |  |  |
| 12 Friday |  |  |  |
| 13 Saturday |  |  |  |
| 14 Sunday |  |  |  |
| **WEEK 3** |  |  |  |
| 15 Monday |  |  |  |
| 16 Tuesday |  |  |  |
| 17 Wednesday |  |  |  |
| 18 Thursday |  |  |  |
| 19 Friday |  |  |  |
| 20 Saturday |  |  |  |
| 21 Sunday |  |  |  |
| **WEEK 4** |  |  |  |
| 22 Monday |  |  |  |
| 23 Tuesday |  |  |  |
| 24 Wednesday |  |  |  |
| 25 Thursday |  |  |  |
| 26 Friday |  |  |  |
| 27 Saturday |  |  |  |
| 28 Sunday |  |  |  |
| **WEEK 5** |  |  |  |
| 29 Monday |  |  |  |
| 30 Tuesday |  |  |  |
| 31 Wednesday |  |  |  |