

FEEDING PLAN

DAY	BREAKFAST	LUNCH	DINNER
MONDAY	BREAD	SWALLOW	SPAGHETTI
TUESDAY	CEREAL	BEANS	POTATO
WEDNESDAY	NODDLES	RICE	PLANTAIN
THURSDAY	BREAD	SWALLOW	AKARA
FRIDAY	NODDLES	POTATO PORRIDGE	FREE STYLE
SATURDAY	CEREAL	MOI MOI	MOI MOI
SUNDAY	YAM	RICE	RICE