

	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY	Boiled Yam and vegetable mackerel stew	Boiled white rice with stir fry chicken veggie sauce	Pepper soup and eko	Fresh fruits and nuts
MONDAY	Oatmeal with coconut milk and sliced seasonal fruits	Vegetable soup and semovita	Grilled plantain and spicy tomato sauce	Fresh fruits and cucumbers
TUESDAY	Toasted bread with egg sauce and hot beverage	Ofada rice and ayamase stew with smoked fish	Moin moin and oatmeal	Fresh fruits and nuts
WEDNESDAY	Cereal with fresh sliced fruits(apples, banana, strawberry)	Sweet potato pottage with smoked fish and ugu	Spaghetti jollof with grilled seasonal vegetables and Chicken	Fresh fruits and cucumbers
THURSDAY	Fruit smoothie with two boiled eggs	Beans porridge with yam and plantain	White rice with chicken stew and steamed vegetables	Fresh fruits and nuts
FRIDAY	Tapioca with shredded coconut and fruit	Ila alasepo soup(Mixed okro and ugu)with semovita	Boiled plantain & sweet potato with vegetable egg sauce	Fresh fruit and cucumbers
SATURDAY	Akara /moin moin with ogi	Abacha/ Afang soup with pounded yam	Grilled fish with coleslaw.	Fresh fruit and nuts