

OREL VINE SCHOOL

MEAL PLANNER

	BREAKFAST	LUNCH
MON	Soft Buns Millet porridge (with milk) Black Tea	Meat , Cabbage (Vegetable rice, Matooke) Fruit - (Watermelon)
TUE	Fried Cassava Milk Tea Black Tea	Beans , Garden eggs (Pilau rice, Pumpkin , Fried Plantain) Fruit - (Watermelon & Oranges)
WED	Fried Plantain Cake Millet porridge (with milk) Black Tea	Chicken (Vegetable rice , Irish Wedges, Yams) Fruit - (Watermelon & Pineapple)
THU	Beef Samosas Milk Tea Black Tea	Peas (Jollof rice, spaghetti, minced meat, fried matooke) Fruit - (Watermelon)
FRI	Pancake Soft Buns Milk Tea Black Tea	Chicken , Groundnut sauce (Vegetable rice, Matooke , Sweet potatoes) Fruit - (Watermelon & Mangoes)

BON APPÉTIT.