

FIRST TERM MEAL PLAN

	WEEK 1-2	WEEK 3 - 4	WEEK 5-6	WEEK 8-9	WEEK 10-11	WEEK 12 - 13
MONDAY	<u>SNACKS:</u> Pawpaw	<u>SNACKS:</u> Water- Melon	<u>SNACKS:</u> Tea & biscuit	<u>SNACKS:</u> Orange juice and coaster biscuit	<u>SNACKS:</u> Apple juice and cookies	<u>SNACKS:</u> Ribena and cracker biscuit
	<u>LUNCH:</u> Rice and beans with fish sauce	<u>LUNCH:</u> Spaghetti and fish sauce	<u>LUNCH:</u> Fried rice and chicken	<u>LUNCH:</u> White rice and fish stew	<u>LUNCH:</u> Jollof Spaghetti and fish	<u>LUNCH:</u> Sweet potato Porridge
TUESDAY	<u>SNACKS:</u> Orange	<u>SNACKS:</u> Banana	<u>SNACKS:</u> Apple	<u>SNACKS:</u> Water- Melon	<u>SNACKS:</u> Pineapple	<u>SNACKS:</u> French pear
	<u>LUNCH:</u> Semo and Ogbono soup	<u>LUNCH:</u> Jollof Spaghetti and meat	<u>LUNCH:</u> Amala and Ewedu soup	<u>LUNCH:</u> Beans and plantain	<u>LUNCH:</u> White rice and meat	<u>LUNCH:</u> Semo and Egusi soup
WEDNESDAY	<u>SNACKS:</u> Orange juice and coaster biscuit	<u>SNACKS:</u> Pineapple	<u>SNACKS:</u> Banana	<u>SNACKS:</u> Orange juice and coaster biscuit	<u>SNACKS:</u> Orange juice and coaster biscuit	<u>SNACKS:</u> Banana
	<u>LUNCH:</u> Eba and Ogbono soup	<u>LUNCH:</u> Yam Porridge	<u>LUNCH:</u> Fried rice and chicken	<u>LUNCH:</u> Fried potato, ketchup /egg sauce	<u>LUNCH:</u> Yam Porridge	<u>LUNCH:</u> Fried yam, ketchup /egg sauce
THURSDAY	<u>SNACKS:</u> Banana	<u>SNACKS:</u> Ribena and cracker biscuit	<u>SNACKS:</u> Apple	<u>SNACKS:</u> Tea & biscuit	<u>SNACKS:</u> Water Melon	<u>SNACKS:</u> Apple juice and cookies
	<u>LUNCH:</u> Jollof rice and chicken	<u>LUNCH:</u> Jollof Spaghetti and meat	<u>LUNCH:</u> Spaghetti and fish sauce	<u>LUNCH:</u> Jollof rice and chicken	<u>LUNCH:</u> Farm house porridge	<u>LUNCH:</u> Semo and Okra soup
FRIDAY	<u>SNACKS:</u> Water Melon	<u>SNACKS:</u> Pawpaw	<u>SNACKS:</u> Lucozade boost and cracker biscuit	<u>SNACKS:</u> Pineapple	<u>SNACKS:</u> Banana	<u>SNACKS:</u> Ribena and cracker biscuit
	<u>LUNCH:</u> Yam and egg sauce	<u>LUNCH:</u> Farm house porridge	<u>LUNCH:</u> Beans and plantain	<u>LUNCH:</u> Sweet potato Porridge	<u>LUNCH:</u> Poundo yam and Egusi soup	<u>LUNCH:</u> Beans and plantain