

SAMPLE AFRICAN CHILD AND ADULT CARE MENU

<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>
<b>Breakfast</b> 1% or fat-free milk Millet porridge Banana slices	<b>Breakfast</b> 1% or fat-free milk Spinach and potato omelet Whole-wheat toast	<b>Breakfast</b> 1% or fat-free milk Whole-wheat pancake Melon	<b>Breakfast</b> 1% or fat-free milk Whole wheat pumpkin bread Apple slices	<b>Breakfast</b> 1% or fat-free milk Whole-wheat plantain bread Mixed Berries
<b>Snack</b> Baked plantains with stewed tomatoes Whole wheat crackers	<b>Snack</b> Baked potato nuggets Low-fat yogurt dip	<b>Snack</b> Pita pocket with ground beef, onions, & tomatoes	<b>Snack</b> Banana cornmeal pancake Low-fat yogurt with granola	<b>Snack</b> Whole wheat pumpkin bread Applesauce
<b>Lunch/Supper</b> 1% or fat-free milk Pureed bean soup Whole-wheat bread Roasted zucchini Apricots	<b>Lunch/Supper</b> 1% or fat-free milk Beef stew Whole-wheat roll Roasted carrots Peaches	<b>Lunch/Supper</b> 1% or fat-free milk Ful medames with fava beans Brown rice Roasted Broccoli Mango chunks	<b>Lunch/Supper</b> 1% or fat-free milk Grilled white fish Bulgar Roasted okra and tomatoes Sliced pears	<b>Lunch/Supper</b> 1% or fat-free milk Roasted chicken Barley Greens Baked apple slices
<b>DAY 6</b>	<b>DAY 7</b>	<b>DAY 8</b>	<b>DAY 9</b>	<b>DAY 10</b>
<b>Breakfast</b> 1% or fat-free milk Sunny side-up egg Sweet potato hash	<b>Breakfast</b> 1% or fat-free milk Baked plantain frittata Whole wheat toast	<b>Breakfast</b> 1% or fat-free milk Cornmeal porridge Strawberries	<b>Breakfast</b> 1% or fat-free milk Cottage cheese Pineapple chunks	<b>Breakfast</b> 1% or fat-free milk Chapati Bean puree
<b>Snack</b> Corn muffin Strawberries	<b>Snack</b> Grapefruit and avocado salad Low-fat yogurt	<b>Snack</b> Melon Sliced cheese	<b>Snack</b> Hardboiled egg Cucumber spears	<b>Snack</b> Red pepper slices Cottage cheese
<b>Lunch/Supper</b> 1% or fat-free milk Ground beef curry Quinoa Peas Pineapple cubes	<b>Lunch/Supper</b> 1% or fat-free milk Black eyed pea stew Brown rice Greens Mango spears	<b>Lunch/Supper</b> 1% or fat-free milk Sayadeya with white fish Millet Roasted broccoli Honey dew slices	<b>Lunch/Supper</b> 1% or fat-free milk Bobotie with egg and ground beef Whole wheat chapati Sautéed okra Banana slices	<b>Lunch/Supper</b> 1% or fat-free milk Chicken stew Jollof rice Sautéed zucchini Jackfruit

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