



dooney's kitchen

creating lasting food memories

MENU PLAN 1

	Breakfast	Lunch	Dinner
Sunday	Akara (fried bean cake) and Pap	Sunday Roast (whole chicken, a big slab of beef, leg of lamb, joint of ham, goose) and Vegetables	Peppersoup (fish/meat) and bread
Monday	Cereals (granola, wheat bran, fruit and nuts) and skimmed milk/low fat yoghurt	Jollof rice – with your choice of protein e.g boiled eggs, fish, chicken or meat	Moi – Moi (steamed savoury bean pudding)
Tuesday	Oats + honey and warmed milk with a drop of vanilla	Afang Soup + Boiled Yam	Noodles vegetable stir fry (Indomie or other brands) -meat optional
Wednesday	Pancakes with a selection of fruit + honey or maple syrup	Beans + sweet corn porridge	Dodo and eggs (scrambled with a selection of chopped vegetables)
Thursday	Tuna and crabmeat sandwiches	Rice and Stew (buka stew or Don Jazzy stew)	Grilled Chicken + vegetable salad
Friday	Fruit Salad + low fat yoghurt	Ogbono soup + amala/garri	Lasagne
Saturday	Boled yam or lightly toasted bread and fried eggs	Bitterleaf soup + pounded yam	Curried Chicken or curried goat + basmati rice