



dooney's kitchen
creating lasting food memories

MENU PLAN 2

	Breakfast	Lunch	Dinner
Sunday	French Toast	Boiled rice and Ofada sauce	Lamb Noodle soup
Monday	Bacon/Sausage and boiled egg sandwich	Egusi soup and Semolina flour	Giz-dodo
Tuesday	Breakfast smoothie	Fried rice and grilled chicken/meat	Deconstructed Efo Riro and boiled potatoes
Wednesday	Yam and Egg stew	Spaghetti and Bolognese sauce	Grilled fish/meats and vegetables
Thursday	Milkshake - with your choice of fruits	Garri and Okro soup	Indomie alla Cabonara
Friday	Cereals + skimmed milk	Fish or Chicken and Chips	Vegetable salad with 2 slices of bread
Saturday	Puff Puff	Gbegiri, ewedu and Amala	Pancakes