



*dooney's kitchen*

creating lasting food memories

## MENU PLAN 6

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Sunday</b>	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
<b>Monday</b>	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)
<b>Tuesday</b>	Oats + honey and warmed milk with a drop of vanilla	Afang Soup + Boiled Yam	Noodles vegetable stir fry (Indomie or other brands) -meat optional
<b>Wednesday</b>	Pancakes with a selection of fruit + honey or maple syrup	Beans + sweet corn porridge	Dodo and eggs (scrambled with a selection of chopped vegetables)
<b>Thursday</b>	Tuna and crabmeat sandwiches	Rice and Stew (buka stew or Don Jazzy stew)	Grilled Chicken + vegetable salad
<b>Friday</b>	Fruit Salad + low fat yoghurt	Ogbono soup + amala/garri	Lasagne
<b>Saturday</b>	Boled yam or lightly toasted bread and fried eggs	Bitterleaf soup + pounded yam	Curried Chicken or curried goat + basmati rice