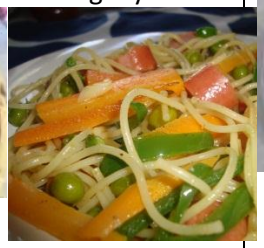
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	Supu	Chai +kipande cha boga	Chai ya rangi	Juice + chai mkate tosti	Glass ya maziwa na matunda	Snacks	Supu ya kongoro
LUNCH	Matunda mchanganyiko	Samaki rost	Matunda mchanganyiko	matunda mchanganyiko 	Supu ya pweza	Tambi + sausage	Viazi chemsha + soya
DINNER	Ndizi chemsha +samaki mboga mboga	Chips + samaki	Viazi chemsha + beef + mbogamboga	Ndizi +maharage + mboga mboga	Ndizi nyama + mboga za majani	Magimbi	Tambi + mbogamboga

KUNYWA MAJI SAFI YA KUTOSHA KILA SIKU