

February Meal Ideas

Meal Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Boiled Sweet Potato with Egg stew	Cinnamon French toast, Tomato slices and Banana	Nutty Oatmeal with boiled Egg and Fruit segment	Mosa with Watermelon juice	Banana Coffee drink	Bread with poached Mackerel stew and hot beverage	Mion moin and Ogi baba (millet pap)
Lunch	Fried Rice Grilled Chicken Gourmet coleslaw	Otong soup Whole Wheat	Spaghetti Chicken Tomato sauce	Edikang Ikong Pounded yam	Plantain / Vegetable Pottage	Boiled yam Efo-riro	Chicken Kebabs Boiled Potatoes Boiled mixed Vegetables
Dinner	Moin moin Stir fried Green Vegetable	Chicken Peppersoup with sprinkles of Macaroni	Grilled chicken Steamed Carrots/ Cabbage	Grilled Tilapia White boiled Rice Steamed Vegetable	Bowl of Otong soup	Grilled prawns Boiled rice Steamed Vegetable	Goat meat peppersoup with little yam cubes