

Term 3 2023

Weekly Meal Planner

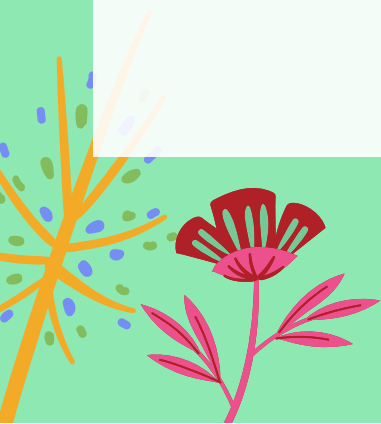
Week 1 - 4th to 8th September



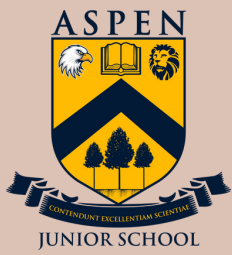
DAY	FOOD	SAUCE	FRUIT/VEG
MONDAY	No school		
TUESDAY	Rice	Brown Beans	Watermelon
WEDNESDAY	Spaghetti		Cabbages
THURSDAY	Irish potatoes		Pineapples
FRIDAY	Posho	Brown Beans	

NOTE

Meals are prepared for the best of each child, however, adjustments are done according to availability of products on the market.



Plot 334 Gaba Rd
Website: <https://www.ajs.ac.ug>
Email: info@ajs.ac.ug
Call or text +256 773 001 463



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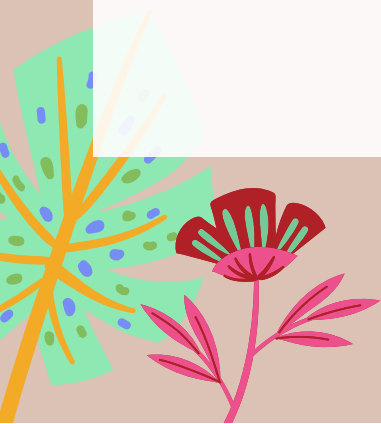
Week 2 - 11th to 15th September



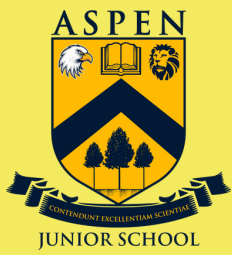
DAY	FOOD	SAUCE	FRUIT/VEG
MONDAY	Spaghetti		Watermelon
TUESDAY	Irish potatoes		Assorted Greens
WEDNESDAY	Rice	Peas	Oranges
THURSDAY	Matooke	Gnuts	
FRIDAY	Chapatti	Beans	Pineapple

NOTE

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Week 3 - 18th to 22nd September



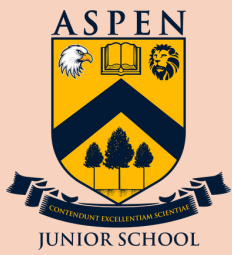
DAY	FOOD	SAUCE	FRUIT/VEG
MONDAY	Posho	Peas	Pineapple
TUESDAY	Spaghetti		Assorted Greens
WEDNESDAY	Rice	Beef	Watermelon
THURSDAY	Oven baked Irish		
FRIDAY	Spaghetti	Minced Meat	Bananas

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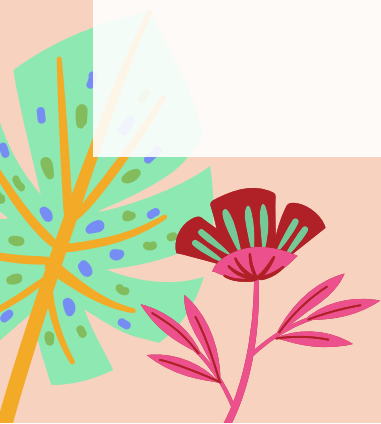
Week 4 - 25th to 29th September



DAY	FOOD	SAUCE	FRUIT/VEG
MONDAY	Posho	Brown Beans	Watermelon
TUESDAY	Matooke	Gnuts	
WEDNESDAY	Rice	Beans	Oranges
THURSDAY	Irish potatoes		Greens
FRIDAY	Chapatti	Beef	Pineapple

NOTE

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