Term 3 2023 Weekly Meal Planner

Week 5 - 2nd to 6th October

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DAY	FOOD	SAUCE	FRUIT/VEG	
MONDAY	Spaghetti	Minced Meat	Pineapples	
TUESDAY	Rice	Beans		
WEDNESDAY	Irish potatoes		Watermelon	
THURSDAY	Posho	Peas	Greens	
FRIDAY	Rice(Pilau)	Cabbages	Banana	
Meals are prepared for the best of each child, however,				

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adjustments are done according to availability of products on the market.

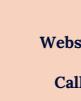


Plot 334 Gaba Rd Website: https://www.ajs.ac.ug Email: info@ajs.ac.ug Call or text +256 773 001 463

Term 3 2023 Weekly Meal Planner

Week 6 - 9th to 13th October

DAY	FOOD	SAUCE	FRUIT/VEG	
MONDAY	Spaghetti	Cabbages	Watermelon	
TUESDAY	Rice	Beef		
WEDNESDAY	Irish potatoes		Pineapple	
THURSDAY	Matooke	Gnuts		
FRIDAY	Posho	Beans	Oranges	
NOTE	Meals are prepared for the best of each child, however, adjustments are done according to availability of products			



on the market.

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