

MENU – TREDE

Day	Breakfast	Supper
Sunday	Purchase Food	Rice and Tomato Stew with Egg
Monday	Boiled Yam with Cabbage Stew with Gizzard	Jollof Rice with Sausage/Egg
Tuesday	Waakye with Tomato Stew with Gizzard/Egg	Banku with Okro + Fried Fish
Wednesday	Beans and Gari + Fried Plantain with Egg	Rice and Tomato Stew with Gizzard
Thursday	Boiled Yam with Palaver Sauce with Egg	Braize Rice with Pepper Sauce + Fried Egg
Friday	Waakye with Tomato Stew with Gizzard	Banku with Okro + Fried Fish
Saturday	Rice and Beans Stew with Egg	Fufu + Light Soup + Goat Meat
Sunday	Tea and Bread	Jollof Rice with Chicken