



African Menu | Standard Meals | Week 1 | November 1-7 & 29-30

NOVEMBER 1 & 29	NOVEMBER 2 & 30	NOVEMBER 3	NOVEMBER 4	NOVEMBER 5	NOVEMBER 6	NOVEMBER 7
BREAKFAST						
Paratha	Paratha	Paratha	Paratha	Paratha	Paratha	Paratha
Beans Katogo	Black Eye Beans Stew	Potato Stew	Coconut Moong Bean Stew	Sausage Casserole	Green Peas Stew	Ndegu & Carrot Stew
Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk
LUNCH						
Yellow moong dal	Mixed Dhal Fry	Bengali dal	Dal Panchratan	Mixed Dal	Red Dhal Fry	Mixed Dhal masala
Spinach Stew	Moroco Chicken Stew	Fish Stew	Spinach Potato Stew	Non-Spicy Chicken Biryani	Kenyan Maharagwe	Mixed Veg Chakalaka
Black Eye Beans Rice	Steamed Rice	Jollof Rice	Yellow Rice		Tomato Rice	Steamed Rice
DINNER						
Red whole masoor dal masala	Chana dal masala	Red dal fry	Mixed Dal fry	Mattar dal masala	Mixed Dhal masala	Red dal masala
Chicken Stew	Cabbage Stew	BBQ Chicken With Tomato Sauce	Beef Stew	Red Beans Stew	Chicken Peri Peri Stew	Beef Mince & Bean Hotpot
Tomato Rice	Vegetable Rice	Butter Rice	Ugali	Jollof Rice	Yellow Rice	Ugali



African Menu | Standard Meals | Week 2 | November 8-14

NOVEMBER 8	NOVEMBER 9	NOVEMBER 10	NOVEMBER 11	NOVEMBER 12	NOVEMBER 13	NOVEMBER 14
BREAKFAST						
Green Peas Stew	Boiled Egg	Moong Coconut Stew	Sausage Stir Fry Sauce	Black Eey Beans Stew	Potato Stew	Mung Bean Porridge
Parotta	Parotta	Paratha	Paratha	Parotta	Paratha	Paratha
Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk
LUNCH						
Red Dhal Fry	Bengali dal	Dal Panchratan	Mixed Dal masala	Red Dhal tadka	Mixed Dhal masala	Yellow moong dal
Beef Mince Hot Pot	Moroccan Chicken Curry	Red Beans Stew	Cabbage Peas Stew	Chicken Biryani	Chicken Piri Piri Stew	Spinach Stew
Steamed Rice	Pulao Rice	Steamed Rice	Yellow Rice		Steamed Rice	Black Eye Beans Rice
DINNER						
Chana dal fry	Mixed Dal	Red dal masala	Mattar dal masala	Yellow dal fry	Green moong dal	Red whole masoor dal masala
BBQ Chicken	Chicken Piri Piri	Beef Mathoka	Fish Stew	Vegan One Pot 3 Bean	Cameroonian Fish Stew	Cabbage Stew
Jollof Rice	Vegetable Rice	Ugali	Butter Rice	Coconut Rice	Yellow Rice	Ugali



African Menu | Standard Meals | Week 3 | November 15-21

NOVEMBER 15	NOVEMBER 16	NOVEMBER 17	NOVEMBER 18	NOVEMBER 19	NOVEMBER 20	NOVEMBER 21
BREAKFAST						
Laccha Paratha	Laccha Paratha	Laccha Paratha	Laccha Paratha	Laccha Paratha	Laccha Paratha	Laccha Paratha
Potato Stew	Dengu	Boiled Egg	Black Eye Beans Stew	Sausage Casserole	Vegetable Stew	Green Peas Stew
Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk	Tea with Milk
LUNCH						
Dal Tadka	Mixed Dal fry	Red Dhal Fry	Moong Dhal	Mixed dal fry	Masoor Dal	Red Dhal Fry
Spinach Stew	Chicken PP Soup	Red Beans Stew	Chicken Stew	Chicken Biryani	Mixed Veg Chakalaka	BBQ Chicken
Yellow Rice	Steamed Rice	Vegetable Rice	Steamed Rice		Vegetable Rice	Steamed Rice
DINNER						
Red whole masoor dal masala	Chana dal fry	Mixed Dhal	Mixed Dal fry	Mattar dal masala	Mixed Dhal Fry	Dal Tadka
PP Beef Gbegiri	Chicken Roast W/ Sauce	Fish Stew (TP)	Beans Katogo	Mixed Vegetable Stew	Peri Peri Chicken Soup	Beans Stew
Ugali	Coconut Rice	Ugali	Penut Rice	Pulao Rice	Black Eye Beans Rice	Jollof Rice



African Menu | Standard Meals | Week 4 | November 22-28

NOVEMBER 22	NOVEMBER 23	NOVEMBER 24	NOVEMBER 25	NOVEMBER 26	NOVEMBER 27	NOVEMBER 28
BREAKFAST						
Ndengu Stew	Beans Katogo	Black Eye Beans Stew	Boiled Egg	Fried Githeri	Porridign Beans	Green Peas Corn Stew
Paratha	Paratha	Paratha	Paratha	Paratha	Paratha	Paratha
Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk	Tea With Milk
LUNCH						
Black Urad Dal Fry	Bengali Dal	Dal Panchratan	Mixed Dal Fry	Dal	Mixed Dal Fry	Yellow Moong Dal
Vegetable Stew	Thieboudienne	Spinach Stew	Chicken Stew	Chicken Biryani Non-Spicy	Oven Baked Chicken Thighs	Beans Stew
Jollof Rice	Steamed Rice	Cocounut Rice	Steamed Rice		Penut Rice	Steamed Rice
DINNER						
Chana Dal Fry	Red Dal Fry	Mixed Dal Fry	Mattar Dal Masala	Yellow Dal Fry	Green Moong Dal	Red Whole Masoor Dal Masala
Beef With Matoke	Beef Mince Hot Pot	Peri Peri Chicken Stew	Red Beans Stew	Rich Sausage Hot Pot	Curried Tanzanian Coconut Okra	PP Chicken Soup
Yellow Rice	Butter Rice	Ugali	Black Eye Beans Rice	Jollof Rice	Tomato Rice	Ugali