

WATAMU CHILDREN GARDEN

EDUCATION CENTRE

<i>2019 FOOD PROGRAMME</i>	
Monday: Ugali & Vegetables	
Item	Quantity
Maize flour 2 kgs	3 pkt
Vegetables (sukuma)	3 kgs
Tomatoes	1 kg
fruits	3 kgs
Tuesday: rice and fish	
Rice	8 kgs
fish	4 kgs
Tomatoes	1 kg
fruits	3 kgs
Wednesday: Ugali & Meat	
Maize flour 2 kgs	3 pkt
Meat	4 kgs
Tomatoes	1 kg
Potatoes	3 kgs
fruits	3 kgs
Thursday : Pilau	
Rice	7 kgs
Potatoes	3 kgs
beaf	3 kgs
Tomatoes	1 kg
fruits	3 kgs
Friday: chapati & beans	
white flour 2 kgs	4 pkt
beans	5 kgs
Tomatoes	2 kg
fruits	3 kgs

WATAMU CHILDREN GARDEN EDUCATION CENTRE
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