



CANADIAN BRIDGE ACADEMY

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WEEKLY MEAL PLAN

CBA MAIN CAMPUS

CBA HOSTEL

MEALS/DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST 6:45am to 7:15am	Tea with bread, butter and boiled eggs	Noodles with boiled egg and tea.	Tea & bread with scramble Egg.	Pancakes and Tea.	Fried Irish potato or sweet potato with	Banana pancake with Tea.	Tea with bread and fish sauce
LUNCH 12 NOON	Jollof rice with fried chicken fruit: Banana	Fried yam dip in egg & fried fish. Fruit: Orange	Macaroni & beef with vegetables. Fruit: Apple	White rice with beef stew & vegetable salad. Fruit: Orange	Spaghetti with boil eggs. Fruit: Apple	Moi-Moi with beef stew. Fruit: Banana.	Fried rice with peppered chicken & coleslaw. Fruit: Apple
SNACK TIME	Egg roll and fruit Zobo drink	Samosa with orange drink	Sandwich & fresh orange juice	Oranges	Meat pie & orange juice	Muffin with Fruit Zobo drink	Fruit salad.
DINNER	Macaroni served with fish sauce.	White Rice and vegetable beef stew.	Boil yam and beef stew.	Noodles and boiled egg.	Spaghetti with Vegetable shredded beef	Boil yam with fish / egg sauce.	Macaroni served with beef vegetable soup.

PLEASE NOTE: The menu can change depending on the food in season, seasonal is fresher and readily available. The same goes with the fruits and vegetables.