# Howbury School

## *силен мели*

### молдау

Jollof rice with beef | chicken

Fried rice with beef | chicken



### TUESDAY

Beans and fried plantain (dodo)

Bean pudding (moi moi) and custard

WEDNESDAY



\_\_\_\_\_

Yam and corned beef sauce

Yam and scrambled egg



#### THURSDAY

Pasta with corned beef sauce

Pasta (Jollof) and fish



FRIDAY

Eba and Okro/Ogbono soup

Semolina and Egusi soup

