



**MUMMY'S YUM MEAL PLANNER FOR KIDS**

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>Breakfast</i>	<i><a href="#">Akara nuggets</a> and Pap fortified with soya beans powder</i>	<i><a href="#">Porridge Oats with fruits</a></i>	<i><a href="#">Sardine-in-egg sandwich</a> with beverage</i>	<i><a href="#">Sausage bread rolls</a> with beverage or cereal</i>	<i><a href="#">Sugar-free oats Pancake</a> with yogurt/pap or fruits</i>	<i><a href="#">Scrambled egg</a> on toast with beverage</i>	<i><a href="#">Fishcakes</a> or pancakes with <a href="#">cornmeal porridge</a></i>
<i>Lunch</i>	<i>Rice and <a href="#">Stew</a> Or <a href="#">Fried Rice</a></i>	<i><a href="#">Spaghetti Carrotti</a></i>	<i>Eba and choice of soup*</i>	<i><a href="#">Jollof Rice</a> with mixed vegetables</i>	<i>Beans Porridge with <a href="#">sweetcorn</a> or <a href="#">plantain</a></i>	<i>Fried plantain, <a href="#">yam</a> or potato with sauce*</i>	<i>Eba and choice of Soup*</i>
<i>Dinner</i>	<i><a href="#">Potato and Plantain Frittata</a></i>	<i><a href="#">Moi-moi</a> with porridge or pap</i>	<i><a href="#">Creamy Beans porridge</a></i>	<i><a href="#">Sweet Potato</a> or <a href="#">Potato and Plantain Pottage</a></i>	<i><a href="#">Hidden vegetable meatballs</a> and <a href="#">spaghetti</a></i>	<i><a href="#">Peeled Beans porridge</a></i>	<i><a href="#">Noodles</a> with <a href="#">mixed vegetables</a></i>

*\*Different sauces, stew and soup on [mummysyum.com](http://mummysyum.com)*