



RAMADAN SUHOOR & IFTAR WEEKLY MEAL PLANNER

MONDAY

Suhoor: Oatmeal, Pap or Custard

Iftar: Jollof Rice, Native rice, Coconut Rice or Seafood Fried Rice & Chicken

TUESDAY

Suhoor: Chicken & Avocado Sandwich, Tuna Sandwich, Prawn and Mayo Sandwich or any sandwich of choice

Iftar: Spaghetti Bolognes or any Pasta dish

WEDNESDAY

Suhoor: Smoothie, Salad or Fruits

Iftar: Tuwo with meiyankuka or any swallow of choice or Pap and Moi moi

THURSDAY

Suhoor: Pancakes, Crepes or Omelette and Bread

Iftar: Rice and Beans or Ofada Rice

FRIDAY

Suhoor: Yoghurt and Granola/Parfait, Custard or Cereal

Iftar: Beef Stir Fry, Chicken Stir Fry or Sea Food Stir Fry with Noodles or Basmati Rice or Couscous

SATURDAY

Suhoor: Fruits

Iftar: Mashed Potatoes and gravy, Potato chicken curry or Yam Porridge

SUNDAY

Suhoor: Pepper Soup with boiled plantain or noodles or Chicken Wrap

Iftar: Goat Curry and boiled potatoes or Irish Potatoes or Ewa Agoyin