



# AFRICAN DELICIOUS WEEKLY MEALS



## SOUPS

- ✓ North African vegetable soup
- ✓ Okra soup
- ✓ Harira soup
- ✓ West African Peanut Soup
- ✓ African chickpea and peanut soup

## POULTRY

- ✓ Piri-piri chicken
- ✓ Chicken in cumin sauce
- ✓ Chicken stew
- ✓ Chicken and plantains (Poulet DG)
- ✓ African fried chicken

## DESSERT

- ✓ Whole fresh fruit
- ✓ Moroccan fruit salad
- ✓ South African Malva pudding
- ✓ Melkert (Milk tart)
- ✓ Coconut milk rice
- ✓ Banana bread

## FISH

- ✓ Grilled Chambo (Tilapia) fish
- ✓ Rice and fish (Thiéboudienne)
- ✓ Fish balls stew
- ✓ Fish stew
- ✓ West African Grilled fish (Poisson braisé)

## SIDE DISHES

- ✓ Jollof rice
- ✓ Nsima
- ✓ South African yellow rice
- ✓ Coconut Jollof Rice
- ✓ Grilled or fried plantain
- ✓ Grilled or boiled sweet potatoes
- ✓ Grilled or boiled cassava
- ✓ Pumpkin leaves
- ✓ Cassava leaves
- ✓ African vegetable stew

## SNACKS

- ✓ Whole fresh fruit
- ✓ Roasted or boiled corn on the cob
- ✓ Roasted white ants
- ✓ Mandasi or fritters
- ✓ Samosas
- ✓ Plantain chips
- ✓ Bean fritters
- ✓ Biltong
- ✓ Plantain pancake (Tatale)
- ✓ Banana fritters
- ✓ Mbatata or sweet potatoes cookies

## MONDAY

Lunch:

Dinner:

## TUESDAY

Lunch:

Dinner:

## WEDNESDAY

Lunch:

Dinner:

## THURSDAY

Lunch:

Dinner:

## FRIDAY

Lunch:

Dinner:

## SATURDAY

Lunch:

Dinner:

## SUNDAY

Lunch:

Dinner: