

NYSC FOOD TIMETABLE (ORIENTATION CAMP MENU)

| DAYS | BREAKFAST | LUNCH | DINNER |
|-----------------------|----------------------|--|--|
| SUNDAY | BREAD/BUTTER/TEA | JOLLOF RICE/CHICKEN | YAM PORRIDGE/VEGETABLE/FRIED FISH |
| MONDAY | BEANS/PAP | RICE/STEW/FISH | AMALA/TUWON MASSARA/GARRI/OGBONO/ OKRO SOUP/BEEF |
| TUESDAY | BREAD/BOILED EGG/TEA | PORRIDGE BEANS/FISH | BOILED YAM/STEW/BEEF |
| WEDNESDAY | BREAD/BUTTER/TEA | RICE/STEW/BEEF | AMALA/TUWON MASSARA/GARRI/EGUISI SOUP/FISH |
| THURSDAY | BEANS/PAP | AMALA/TUWON MASSARA/GARRI/EGUISI SOUP/BEEF | BOILED YAM/STEW/FRIED FISH |
| FRIDAY | BREAD/EGG/TEA | RICE/BEANS/STEW/FISH | AMALA/TUWON MASSARA/GARRI/OGBONO/ OKRO SOUP/BEEF |
| SATURDAY | AKARA/PAP | AMALA/TUWON MASSARA/GARRI/EGUISI SOUP/BEEF | RICE/STEW/FISH |
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