## Eritrean Meal Ideas

### Breakfast

- Sorghum porridge
- French stick and jam
- Milk and rice
- Lebanese bread, bean salsa and fetta

### Lunch

- Eggplant/Zucchini tuna and bean salad with bread
- Macaroni, mince and vegetables

### Dinner

- Hot meat and okra stew with French stick
- Beef and spinach with bread
- Chicken with rice and vegetables

### Additional

- Eggs
- Nuts/seeds
- Fruit
- Milk/tea/coffee
# Sierra Leonean Meal Ideas

## Breakfast

- Rolled oats  
  or  
  Bread and cheese

## Lunch

- Tuna and salad sandwich with whole egg mayonnaise  
  or  
  Lamb and okra stew with rice

## Dinner

- Chicken with rice and vegetables  
  or  
  Spaghetti and beans

## Additional

- Eggs  
- Nuts/seeds  
- Fruit  
- Milk/tea/coffee
### Middle Eastern Meal Ideas

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkish bread with salsa and fetta or Fried eggs on Turkish or Lebanese bread with jam</td>
<td>Tuna, herb and salad Turkish or Gherkins and salad on Turkish with fetta</td>
<td>Lamb/chicken and lentils with yogurt, rice and vegetables or Spaghetti and beans</td>
</tr>
</tbody>
</table>

**Additional**

- Eggs
- Nuts/seeds
- Fruit
- Milk/tea/coffee
# Sudanese Meal Ideas

## Breakfast

- **Semolina**
  - or
- **Lebanese bread, bean salsa and fetta**
  - or
- **Kissra/white bread with jam**

## Lunch

- **Beef and okra stew with rice**
  - or
- **Meatballs and rice**

## Dinner

- **Chicken with rice and vegetables**
  - or
- **Peanut butter beef and spinach with potatoes**

## Additional

- **Eggs**
- **Nuts/seeds**
- **Fruit**
- **Milk/tea/coffee**
## Burundi/Rwandan Meal Ideas

### Breakfast

- Sorghum porridge
- or
- French stick and jam

### Lunch

- Chicken with rice and vegetables
- or
- Eggplant and bean salad with rice and French stick

### Dinner

- Beef and spinach with bread
- or
- Banana, beef, beans and coconut stew

### Additional

- Eggs
- Nuts/seeds
- Fruit
- Milk/tea/coffee
# Karen-Burmese Meal Ideas

## Breakfast

- Cauliflower and egg with rice
  - or
- Chicken and vegetables with rice

## Lunch

- Pork curry with rice
  - or
- Vegetable fry with rice

## Dinner

- Beef and vegetable soup
  - or
- Chicken and potato curry with rice
  - or
- Yellow bean curry with noodles

**Dinner may be served with Magetow**

## Additional

- Fruit
- Milk
- Tea/coffee