

## Eritrean Meal Ideas

### Breakfast

*Sorghum porridge*  
*or*  
*French stick and jam*  
*or*  
*Milk and rice*  
*or*  
*Lebanese bread bean salsa and fetta*

### Lunch

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

### Dinner

*Hot meat and okra stew with French stick*  
*or*  
*Beef and spinach with bread*  
*or*  
*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

### Breakfast

*Turkish bread with salsa and fetta*  
*or*  
*Fried eggs on Turkish*  
*or*  
*Lebanese bread with jam*

### Lunch

*Tuna, herb and salad Turkish*  
*or*  
*Gherkins and salad on Turkish with fetta*

### Dinner

*Lamb/chicken and lentils with yogurt, rice and vegetables*  
*or*  
*Spaghetti and beans*

### 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*