

## Typical menu of the restaurant in Fondwa, January 2008

For a few days I wrote down what we ate at the Lakay Restaurant in Fondwa. Students, Teachers and the Fonkoze staff of the business center all share the same fare. While some of it may sound strange, it is lovingly prepared and always tastes wonderful.

The day always starts with a very filling breakfast and ends with a small, very simple dinner.

Lunch is the big meal of the day.

Saturday Dinner: Sweet Potato Soup with Milk & Water

Sunday Breakfast Spaghetti with ketchup and hot sauce, Avocado Chunks & Coffee & Water

Sunday Lunch: Salad of Beets, Cabbage and Mirliton, Rice and Beans w. Beef in Gravy, Fried Plantains & Water

Sunday Dinner: Bread w. Margarine & Hot Chocolate & Water

Monday Breakfast: Rice & Gravy, Avocado Chunks & Coffee & Water

Monday Lunch: Polenta, Bean Sauce, Cabbage/Mirlion/Beef Stew, Avocado Chunks & Water & Passion Fruit Juice

Monday Dinner: Bread w. Margarine & Hot Chocolate & Water

Tuesday Breakfast: Spaghetti with ketchup and hot sauce, Avocado Chunks & Coffee & Water

Wednesday Breakfast Polenta w. Lyan Payn (basket weed)