

# May 2019

Sunday	Monday	African Tuesday	Wildflower Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
	Spaghetti with Meat Sauce and Salad	Egyptian Koshari	Sweet Potato Tacos, Beans and Rice	Beef Broccoli Stir Fry and Rice	BBQ Chicken and Garden Pasta Salad	
19	20	21	22	23	24	25
	French Toast, Eggs and Bacon	Moroccan Tagine and Couscous	Veggie Quesadillas, Beans and Rice	Pizza and Fruit Salad	BBQ Ribs, Vegetables and Salad	
26	27	28	29	30	31	1
	<b>Memorial Day</b>	South African Braai, Chakalaka and Pap	Veggie Curry and Rice	Veggie Nachos and Salad	Cheeseburgers and Potato Salad	