



Royal Rangers CAMPOGAW

CAMP MEALTIME TABLE



DAY	MEAL	
	BRUNCH (10 AM)	SUPPER (5 PM)
Tuesday		Kenkey with gravy & fried fish
Wednesday	Waakye with fish	Banku, gravy & fish
Thursday	Rice, stew & egg	Kenkey with gravy & fried fish
Friday	Banku, gravy & fish	Curry rice, gravy & fish
Saturday	Jollof & Chicken	
Fruits will be provided for each camper		