

# What will I eat? What will I do?

## A Sample Menu and Schedule

				Thursday	Friday	Saturday
				Flight to Accra	Meals: To be determined by flight schedule  Arrive in Accra Flight to Tamale Arrive at Mission House	<b>Breakfast:</b> Boiled Eggs, Toast, Jelly <b>Lunch:</b> Pasta salad, garlic bread <b>Dinner:</b> Navy beans and cornbread VBS and Adult Class at Kpamang
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast:</b> French toast, juice <b>Lunch:</b> Beef and mushrooms, rice, salad <b>Dinner:</b> Carmel corn	<b>Breakfast:</b> Scrambled eggs, toast, and jelly <b>Lunch:</b> Chicken, noodles <b>Dinner:</b> Kulikulie Chicken	<b>Breakfast:</b> Fried eggs, toast, jelly, juice <b>Lunch:</b> Fried chicken, apples, potato chips <b>Dinner:</b> Eat at Mole Game Reserve	<b>Breakfast:</b> Eat at Mole Game Reserve <b>Lunch:</b> Eat at SWAD <b>Dinner:</b> Spaghetti, salad, garlic bread	<b>Breakfast:</b> Oats, toast, jelly, juice <b>Lunch:</b> Tuna salad, potato chips <b>Dinner:</b> Chicken and dressing, vegetables	<b>Breakfast:</b> French toast, juice <b>Lunch:</b> Steak sandwiches <b>Dinner:</b> Eggplant parmesan, bread, salad	<b>Breakfast:</b> Egg sandwiches, cooler with water and cokes <b>Lunch:</b> On the road <b>Dinner:</b> Beef stew, crackers, coleslaw
Church at Nanjuni VBS and Adult Class at Kulkpeni Bible study at Kulkpeni	Work in Child Center VBS and Adult Class at Kpamang	Work in Child Center Travel to Mole Game Reserve	Mole Game Reserve Bible Study at Jegrido	Work in Child Center Evangelist Monthly Classes	Make diaper rash/ringworm ointment Evangelist/Church Leader Classes Bible Study at Binalado	Travel to Bolgatanga, 4:00 am
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast:</b> Boiled eggs, toast, jelly <b>Lunch:</b> Crockpot chicken, potatoes, cabbage <b>Dinner:</b> Popcorn, coke, grilled cheese	<b>Breakfast:</b> Scrambled eggs, toast, jelly <b>Lunch:</b> Chicken salad, bread, baked beans <b>Dinner:</b> Baked chicken, rice, vegetables	<b>Breakfast:</b> Oats, toast, jelly, juice <b>Lunch:</b> Spaghetti and tomatoes, bread <b>Dinner:</b> Fried chicken, potatoes, vegetables	<b>Breakfast:</b> Egg sandwiches <b>Lunch:</b> Fried chicken, cooler with water and cokes <b>Dinner:</b> In Kumasi	<b>Breakfast:</b> On road <b>Lunch:</b> On road <b>Dinner:</b> Chinese Palace Restaurant	<b>Breakfast:</b> At hotel <b>Lunch:</b> In restaurant <b>Dinner:</b> At airport	
Church at Tamanybia VBS and Adult Class at Kulkpeni Bible study Kulkpeni	Work in Child Center VBS and Adult Class at Kulkpeni	Work in Child Center VBS and Adult Class at Kulkpeni Pack van and close up mission house	Travel to Kumasi, 4:00 am Visit Kumasi Cultural Center Hotel in Kumasi	Travel to Accra, 5:00 am Visit Kakum National Park Canopy Walk Visit Elmina Slave Castle Arrive Accra	Accra Cultural Center Shower in the afternoon before leaving hotel Arrive at airport Flight to Amsterdam, (7 hour flight)	Flight Amsterdam to New York (9 hours) Flight New York to Atlanta (3 hours) Arrive home 6:00 pm