



Sahaya Rafiki guesthouse

Booking: rafikiwildlife.org/guesthouse | Tel: +256788300909

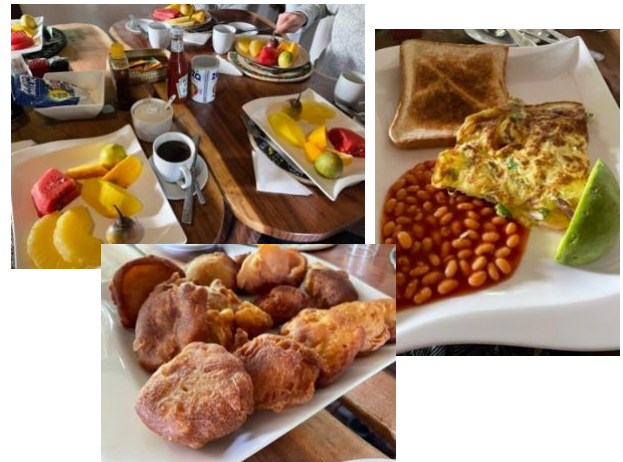
Dishes Commonly Served

Prepared by Chef Philip and Sous chef Sarah

Following are some samples of what is served for meals at the guesthouse. If you would like to have your meal at a different time, or have certain dietary restrictions or allergies, please let us know in advance. If you do not plan to have a meal at the guesthouse (for example, lunch), please let us know that morning so we don't waste food. If you would like to have at to-go lunch for the trail, please let us know the evening before. We look forward to you enjoying our traditional, local foods!

Breakfast: 7:00 am

- Fruit
- Eggs; omletes, scrambled, fried
- Avocado
- Beans
- Bread
- Juice
- Tea, coffee, milk, cocoa



Lunch: 12:30 and Dinner: 6:30 pm

- Rice
- Irish (boiled) potatoes
- Sweet potatoes
- Cabbage
- Beans
- Peas
- Guacamole
- Chicken
- Goat
- Beef
- Fish
- Cocoyam (taro)
- Pumpkin
- Matoke (plantain banana, excellent source of vitamins and minerals)
- Posho (cornmeal cooked in boiling water or milk)

