

# FA'ATUPU MANATU I MEA'AI MO PEPE SAMOA

## 10-12 MASINA

Fa'aauau ona fafaga lau tama i mea'ai e eseese o latou tofo ma aga e ese mai i meaai e masani ona aai ai le aiga, ae ia tipitipi fa'aninii.



Pa'anunu Fa'afalani ma peach ma le yoghurt



Polesi fala ma le niu



Apa pi (maulalo le suka ma le masima) ma le falaoa paanunu ma avoka



Kale moa ma pateta, broccoli ma cauliflower heads



Supo meaai sami ma spinach ma talo



Supo moa ma talo



Sapasui nutigaaano povi (beef mince) ma fualaauiaina suifefiloi



Sanuisi tuna ma lettuce ma ioka (yoghurt)



Fasi ia, lau luau ma fai vela



Moa fa'a-anianisaina, coleslaw, salati tipitipi araisa fa'apopo



Fasi ia, saga ua vau malu, palusami ma le fa'l vela



Fasipuaa tao, karoti, pi ua vau malu ma fai vela

Mataitu lau tama pea ai, aua e n ate iloaina lava ua lava lana ai ina ua maona.