



Bangladesh Football Federation BFF Elite Women's Football Academy 2025

Date: 27-04-2025

Day	Breakfast 8:30 AM to 9:30 AM	Lunch 1:30 PM	4:30 PM	Dinner 7:00 PM
Saturday	Bread/Parata, Orange, Apple, Watermelon, Eggs 2, Corn Flakes, Milk 200ml	Rice, Beef Curry/ Fish (150gm), Mix Vegetable, Banana, Salad (Cucumber, lime, tomato), Yogurt	Tea, Biscuit, Almond nuts & Cashew nuts (15 gm)	Ruti, Chicken curry/Fish (150gm), Mix Vegetable, Salad, Fruit juice
Sunday	Brown Bread, Peanut butter, Oats, Banana, Orange, Apple, Eggs 2, Corn Flakes, Milk 200ml	Rice, Fish (150gm), Mix Vegetable, Fruits, Salad (Cucumber, lime, tomato), Yogurt	Tea, Biscuit, Almond nuts & Cashew nuts (15 gm)	Ruti, Chicken/Mutton (150gm), Mix Vegetable, Salad, Fruits, Milk 200 ml
Monday	Bread/Parata, Orange, Apple, Watermelon, Eggs 2, Corn Flakes, Milk 200ml	Rice, Mutton curry(150gm), Mix Vegetable, Banana, Salad (Cucumber, lime, tomato), Yogurt	Tea, Biscuit, Almond nuts & Cashew nuts (15 gm)	Ruti, Beef/Mutton (150gm), Mix Vegetable, Salad, Fruits Milk 200 ml
Tuesday	Brown Bread, Peanut butter, Oats, Banana, Eggs 2, Orange, Apple, Corn Flakes, Milk 200ml	Rice, Beef Curry/ Fish (150gm), Mix Vegetable, Fruits, Salad (Cucumber, lime, tomato), Yogurt	Tea, Biscuit, Almond nuts & Cashew nuts (15 gm)	Ruti, Beef/Fish (150gm), Mix Vegetable, Salad, Fruit juice
Wednesday	Bread/Parata, Orange, Apple, Watermelon, Eggs 2, Corn Flakes, Milk 200ml	Rice, Fish (150gm), Mix Vegetable, Banana, Salad (Cucumber, lime, tomato), Yogurt	Tea, Biscuit, Almond nuts & Cashew nuts (15 gm)	Ruti, Chicken/Mutton (150gm), Mix Vegetable, Salad, Fruits Milk 200 ml
Thursday	Brown Bread, Peanut butter, Oats, Banana, Orange, Apple, Eggs 2, Corn Flakes, Milk 200ml	Rice, chicken curry (150gm), Mix Vegetable, Fruits, Salad (Cucumber, lime, tomato), Yogurt	Tea, Biscuit, Almond nuts & Cashew nuts (15 gm)	Ruti, Chicken/Beef (150gm), Mix Vegetable, Salad, Fruits Milk 200 ml
Friday	Bread/Parata, Orange, Apple, Watermelon, Eggs 2, Corn Flakes, Milk 200ml	Rice, Mutton curry (150gm), Mix Vegetable, Banana, Salad (Cucumber, lime, tomato), Yogurt	Tea, Biscuit, Almond nuts & Cashew nuts (15 gm)	Ruti, Beef/Mutton (150gm), Mix Vegetable, Salad, Fruit juice

Note:

1. Mix Vegetable as Cauliflower, Pumpkin, Eggplant, Potato, Green Papaya, Carrot, Bottle gourd, Red Amaranth, green Amaranth, Spinach.
2. 15 people consume chicken as a replacement of beef.

For & on behalf of
Bangladesh Football Federation

Emran Hossain Tushar
General Secretary