CU DIASPORA DIET

Posted by omumbejja - 2007/09/15 03:42

Kakati ebisaanyi tubigyeeyo mu your fav kiganda food , tubileese wano ku mulamwa ogwaabyo, wamu nebilala byonna buli omu byaalya gyaali , anti bwogenda ebumanyuula maguja nawe oswankula dooga . Mutubulire entegeka nenfuumba , ye biluma mpagi byemuliko eyo.

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Re:CU DIASPORA DIET

Posted by omumbejja - 2007/09/15 06:14

Twagendako mu restaurant emu mu Swaziland yali ya mu Falansa nga mubimpimpi nga ye king of jungle mukutegeka buli kisolo kyolowooza, bwetwabuuza speciality yo lunaku olwo koye nti "alina ggoonya enkima ne nfudu kati okwo kwogatta nebya bulijjo nge mbaata oba enkoko" konze sibila ku nkoko bannange bo nebamanyuula ligoonya nga kwebatadde nokweswanta bangamba nti awooma nga bwolaba ekyenyanja konze awo siliiwo , naye kummeza eyali etuddilidde kwaliko abavubuka aba Bbuwa ab Africana kobbo nti tuweere ddala eyo enkima nakagere kakaze tukambale mu bulago . Awo nga omuganda asigadde ggamba nti atanayita yita yatenda nyina okufumba.

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Re:CU DIASPORA DIET

Posted by Kalibattanya - 2007/09/15 15:56

Octopus mu luganda gyetwandiyise magulu munaana, nnungi nnyo nga nkaliirire ku manda. Wabula bwebagijja mu mazzi tefiirawo, balina okumala okugikuba omutwe ku mayinja. Awo nno nogilongoosa nogiteeka ku manda nokaliirira. Noteekako ka lemon, noliirako ekintabuli kyebiva bya Saaga ne nyaanya ebibisi (lettuce and tomatoe salad). Nonyweerako ne ka cogniac aka stars omusanvu. Bwoba tobiryangako, kkiriza byange, tomanyi kigambo buwoomi kyekitegeeza.

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Re:CU DIASPORA DIET

Posted by Meta.A - 2007/12/27 05:05

Emmere ya baganda ewooma naye bagifumba nnyo nebatta ebiriisa

ebyalibadde biyamba omubiri.

Emmere ya ba-China bagifumba mu ngeri egendererwa okulaba nti

ebiriisa bisigalamu. Kyeko lwaki basiika emmere. Mu kusiika kwabwe,

balaba nti, ka colour ke mmere tekabula. Awo woomanya nti ebiriisa

bikyalimu.

Nze, ndi Vegan typical...nava ku nnyama(gatako enkoko ne'kyenyanja)

ne amata. Ensonga zo bweziri ate zonna ziri scientific and religious

sirinayo allergies zingaana kulwa bintu ebyo.

Meta.A

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