

Day	Drinks	Breakfast, lunch and dinner	Snacks and treats
Monday		Breakfast: Lunch: Dinner:	
Tuesday		Breakfast: Lunch: Dinner:	
Wednesday		Breakfast: Lunch: Dinner:	
Thursday		Breakfast: Lunch: Dinner:	
Friday		Breakfast: Lunch: Dinner:	
Saturday		Breakfast: Lunch: Dinner:	
Sunday		Breakfast: Lunch: Dinner:	

