| MEALS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :--- | :--- | :--- | :--- | :--- | :--- |
| BREAKFAST |  |  |  |  |  |
|  |  |  |  |  |  |
| LUNCH |  |  |  |  |  |
| TEA |  |  |  |  |  |
| DINNER |  |  |  |  |  |

