

WEEK

Tuesday

Breakfast

Morning Tea

Lunch

Afternoon Tea

Dinner

Thursday

Breakfast

Morning Tea

Lunch

Afternoon Tea

Dinner

Saturday

Breakfast

Morning Tea

Lunch

Afternoon Tea

Dinner

Monday

Breakfast

Morning Tea

Lunch

Afternoon Tea

Dinner

Wednesday

Breakfast

Morning Tea

Lunch

Afternoon Tea

Dinner

Friday

Breakfast

Morning Tea

Lunch

Afternoon Tea

Dinner

Sunday

Breakfast

Morning Tea

Lunch

Afternoon Tea

Dinner