**Week \_\_\_\_ Tick if you have had**

**MONDAY**

**Breakfast Lunch Tea Healthy snack Drinks**

**    **

**TUESDAY**

**Breakfast Lunch Tea Healthy snack Drinks**

**    **

**WEDNESDAY**

**Breakfast Lunch Tea Healthy snack Drinks**

**    **

**THURSDAY**

**Breakfast Lunch Tea Healthy snack Drinks**

**    **

**FRIDAY**

**Breakfast Lunch Tea Healthy snack Drinks**

**    **

**SATURDAY**

**Breakfast Lunch Tea Healthy snack Drinks**

**    **

**SUNDAY**

**Breakfast Lunch Tea Healthy snack Drinks**

**    **