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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast:**  Choice of:  **-or-**  **-or-** | **Breakfast:**  Choice of:  **-or-**  **-or-** | **Breakfast:**  Choice of:  **-or-**  **-or-** | **Breakfast:**  Choice of:  **-or-**  **-or-** | **Breakfast:**  Choice of:  **-or-**  **-or-** | **Breakfast:** | **Breakfast:** |
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| **Dinner:** | **Dinner:** | **Dinner:** | **Dinner:** | **Dinner:** | **Dinner:** | **Dinner:** |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast:**  Choice of:  **-or-**  **-or-** | **Breakfast:**  Choice of:  **-or-**  **-or-** | **Breakfast:**  Choice of:  **-or-**  **-or-** | **Breakfast:**  Choice of:  **-or-**  **-or-** | **Breakfast:**  Choice of:  **-or-**  **-or-** | **Breakfast:** | **Breakfast:** |
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