

# BREAK TIME

<b>WEEK 1</b> W/C 21-25/4, 12-16/5, 9-13/6, 30/6-4/7	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>HYDRATION</b>	Lemon water	Cucumber and mint	Berry Water	Citrus Water	Apple Water
<b>DAILY SPECIAL</b>	Selection of seasonal whole fruit	Freshly Baked Cookie	Blueberry muffin	Selection of seasonal whole fruit	Freshly Baked Cookie

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<b>WEEK 2</b> W/C 28/4-2-5, 19-23/5, 16-20/6, 7-9/7	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>HYDRATION</b>	Lemon water	Cucumber and mint	Berry Water	Citrus Water	Apple Water
<b>DAILY SPECIAL</b>	Selection of seasonal whole fruit	Freshly Baked Cookie	Raspberry jam doughnut	Selection of seasonal whole fruit	Freshly Baked Cookie



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<b>WEEK 3</b> W/C W/C 5-9/5, 2-6/6, 23-27/6	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>HYDRATION</b>	Lemon water	Cucumber and mint	Berry Water	Citrus Water	Apple Water
<b>DAILY SPECIAL</b>	Selection of seasonal whole fruit	Freshly Baked Cookie	Vegetarian spring rolls	Selection of seasonal whole fruit	Freshly Baked Cookie