

Silver Menu Plan

Day 1 Breakfast at home			
Snacks	Lunch	Tea	Supper
Water	<u>Water</u>	<u>Hot drink???</u>	<u>Hot drink???</u>

Day 2			
Breakfast	Lunch	Tea	Supper
Hot drink	<u>Water</u>	<u>Hot drink???</u>	<u>Hot drink???</u>
Snacks	<u>Snacks</u>	<u>Snacks</u>	<u>Snacks</u>

Day 3 Tea at home.

Breakfast	Lunch	Snacks	
<u>Hot</u> <u>drink???</u>	<u>Water</u>	Water	