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| **Weekly Menu** |
| **MONDAY** |
| Breakfast | Lunch | Dinner | Snacks |
|  |  |  |  |
|  |
| **TUESDAY** |
| Breakfast | Lunch | Dinner | Snacks |
|  |  |  |  |
|  |  |  |  |
| **WEDNESDAY** |
| Breakfast | Lunch | Dinner | Snacks |
|  |  |  |  |
|  |  |  |  |
| **THURSDAY** |
| Breakfast | Lunch | Dinner | Snacks |
|  |  |  |  |
|  |  |  |  |
| **FRIDAY** |
| Breakfast | Lunch | Dinner | Snacks |
|  |  |  |  |
|  |  |  |  |
| **SATURDAY** |
| Breakfast | Lunch | Dinner | Snacks |
|  |  |  |  |
|  |  |  |  |
| **SUNDAY** |
| Breakfast | Lunch | Dinner | Snacks |
|  |  |  |  |
| [source: www.neworchards.com](https://www.neworchards.com) |