

pre prep afternoon break.

Week 1.

	monday	tuesday	WARM-UP Wednesdays	thursday	Special Treat Friday
nutrition	Rice cake	Cheese or ham sandwiches	Hot cross buns	Blueberry muffin	Popcorn
hydration	infused Water Semi skimmed milk	infused Water Semi skimmed milk	infused Water Semi skimmed milk	infused Water Semi skimmed milk	infused Water Semi skimmed milk

pre prep afternoon break.

Week 2.

	monday	tuesday	WARM-UP Wednesdays	thursday	Special Treat Friday
nutrition	Banana cake	Rice cakes	Ham and cheese toastie on wholemeal bread	Jam sandwiches	Frozen yogurt lollies
hydration	infused Water Semi skimmed milk	infused Water Semi skimmed milk	infused Water Semi skimmed milk	infused Water Semi skimmed milk	infused Water Semi skimmed milk