

123 Club Weekly Menu Planner

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Crackers & cheese	Pain au chocolate	Rice cakes	Brioche	Pancakes
	Apple	Grapes	Apple	Oranges	Carrots
	WATER	WATER	WATER	WATER	WATER
WEEK 2	Pancakes	Brioche	Pain au Chocolat	Rice cakes	Crackers & cheese
	Grapes	Apple	Oranges	Carrots	Apple
	WATER	WATER	WATER	WATER	WATER
WEEK 3	Brioche	Pancakes	Crackers & cheese	rice cakes	Pain au chocolat
	Carrot	Orange	Grapes	Apple	Apple
	WATER	WATER	WATER	WATER	WATER
WEEK 4	Pain au chocolat	Rice cakes	Brioche	Pancakes	Crackers & cheese
	orange	Carrot	Apple	Apple	Grapes
	WATER	WATER	WATER	WATER	WATER