

Sarah

Breakfast 8-9.30am 	porridge 	cereal 	toast 	eggs & bacon 
Lunch 12.00 -1pm 	pizza 	sausage & mash 	chicken 	salad 
Teatime 4-5pm 	tea 	coffee 	eggs on toast 	baked beans 
Supper 8.30-9.30pm 	biscuits 	hot drink 	cider 	cigarettes 
Alcohol stops 11pm 	Medication 8am 	Medication 12pm 	Medication 7pm 	laundry 
Doctor 	Nurse 	Dentist 	Chiropodist 	Hairdresser 