

# ALEX'S MEAL TIMES

## Monday

**Breakfast: 7:00 – 8:30**  
**Continental: 8:30-9:30**  
**Lunch: 11:15 – 1:15**  
**Dinner: 5:00 – 6:30**

## Wednesday

**Breakfast: 7:00 – 8:30**  
**Continental: 8:30-9:30**  
**Lunch: 11:00 – 1:15**  
**Dinner: 5:00 – 6:30**

## Friday

**Breakfast: 7:00 – 8:30**  
**Continental: 8:30-9:30**  
**Lunch: 11:15 – 1:15**  
**Dinner: 5:00 – 6:30**

## Tuesday

**Breakfast: 7:00 – 8:30**  
**Continental: 8:30-9:30**  
**Lunch: 11:15 – 1:15**  
**Dinner: 5:00 – 6:30**

## Thursday

**Breakfast: 7:00 – 8:30**  
**Continental: 8:30-9:30**  
**Lunch: 11:15 – 1:15**  
**Dinner: 5:00 – 6:30**

## Saturday

**Continental: 8:30 – 9:00**  
**Lunch: 12:00 – 1:30**  
**Dinner: 4:30 – 6:00**

## Sunday

**Continental: 8:30 – 9:00**  
**Lunch: 12:00 – 1:30**  
**Dinner: 4:30 – 6:00**

