**DZIEŃ 1**

I śniadanie (godz.) .............................................................................................................................

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II śniadanie (godz.) .............................................................................................................................

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Obiad (godz.) .............................................................................................................................

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Podwieczorek (godz.) .............................................................................................................................

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Kolacja (godz.) .............................................................................................................................

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Przekąski .……………………………………………………………………………………………………………………..

**DZIEŃ 2**

I śniadanie (godz.) .............................................................................................................................

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II śniadanie (godz.) .............................................................................................................................

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Obiad (godz.) .............................................................................................................................

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Podwieczorek (godz.) .............................................................................................................................

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Kolacja (godz.) .............................................................................................................................

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Przekąski .……………………………………………………………………………………………………………………..

**DZIEŃ 3**

I śniadanie (godz.) .............................................................................................................................

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II śniadanie (godz.) .............................................................................................................................

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Obiad (godz.) .............................................................................................................................

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Podwieczorek (godz.) .............................................................................................................................

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Kolacja (godz.) .............................................................................................................................

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Przekąski .……………………………………………………………………………………………………………………..

**DZIEŃ 4**

I śniadanie (godz.) .............................................................................................................................

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II śniadanie (godz.) .............................................................................................................................

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Obiad (godz.) .............................................................................................................................

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Podwieczorek (godz.) .............................................................................................................................

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Kolacja (godz.) .............................................................................................................................

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Przekąski .……………………………………………………………………………………………………………………..

**DZIEŃ 5**

I śniadanie (godz.) .............................................................................................................................

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II śniadanie (godz.) .............................................................................................................................

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Obiad (godz.) .............................................................................................................................

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Podwieczorek (godz.) .............................................................................................................................

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Kolacja (godz.) .............................................................................................................................

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Przekąski .……………………………………………………………………………………………………………………..

**DZIEŃ 6**

I śniadanie (godz.) .............................................................................................................................

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II śniadanie (godz.) .............................................................................................................................

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Obiad (godz.) .............................................................................................................................

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Podwieczorek (godz.) .............................................................................................................................

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Kolacja (godz.) .............................................................................................................................

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Przekąski .……………………………………………………………………………………………………………………..

**DZIEŃ 7**

I śniadanie (godz.) .............................................................................................................................

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II śniadanie (godz.) .............................................................................................................................

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Obiad (godz.) .............................................................................................................................

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Podwieczorek (godz.) .............................................................................................................................

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Kolacja (godz.) .............................................................................................................................

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Przekąski .……………………………………………………………………………………………………………………..