

July 2022 MEALS CALENDAR

B - BREAKFAST
 S - SNACK
 L - LUNCH
 D - DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4	5	6	7	8	9
D	B S L D	B S L D	B S L D	B S L D	B S L D	B S L D
10	11	12	13	14	15	16
B S L D	B S L D	B S L D	B S L D	B S L D	B S L D	B S L D *
17	18	19	20	21	22	23
	B S L D	B S L D	B S L D	B S L D	B S L D	B S L D
24	25	26	27	28	29	30
B L						
31	1	2	3	4	5	6
		* NOT INCLUDED WITH ANY MEAL PLAN EMAIL milan@centerforanthroposophy.org TO ORDER.				

Program	July 3-8	July 9 - 25
WHiSTEP	No meals	Breakfasts: 6:30 - 7:30 a.m.
		Snack: 9:30 - 10:00 a.m. at HMS
		Lunch: 12:30 - 2:00 p.m.
		Dinner: 6:00 - 7:00 pm
Renewal	Breakfast 7:00 - 8:15 am	No Meals
	Snacks 10:30-11:00 at HMS	
	Lunch 12:30-2:00	
	Dinner 5:30-6:30	
Kairos and Admin	Breakfast 7:00 - 8:15 am	
	Snacks 10:30-11:00 at HMS at Pine Hill	
	Lunch 12:30-2:00	
	Dinner 5:30-6:30	
Antioch		Breakfasts 6:30 - 7:30 am
		Snacks 10:00 -10:30 at Pine Hill
		Lunch 12:30 - 2:00 pm
		Dinner: 6:00 - 7:00 pm