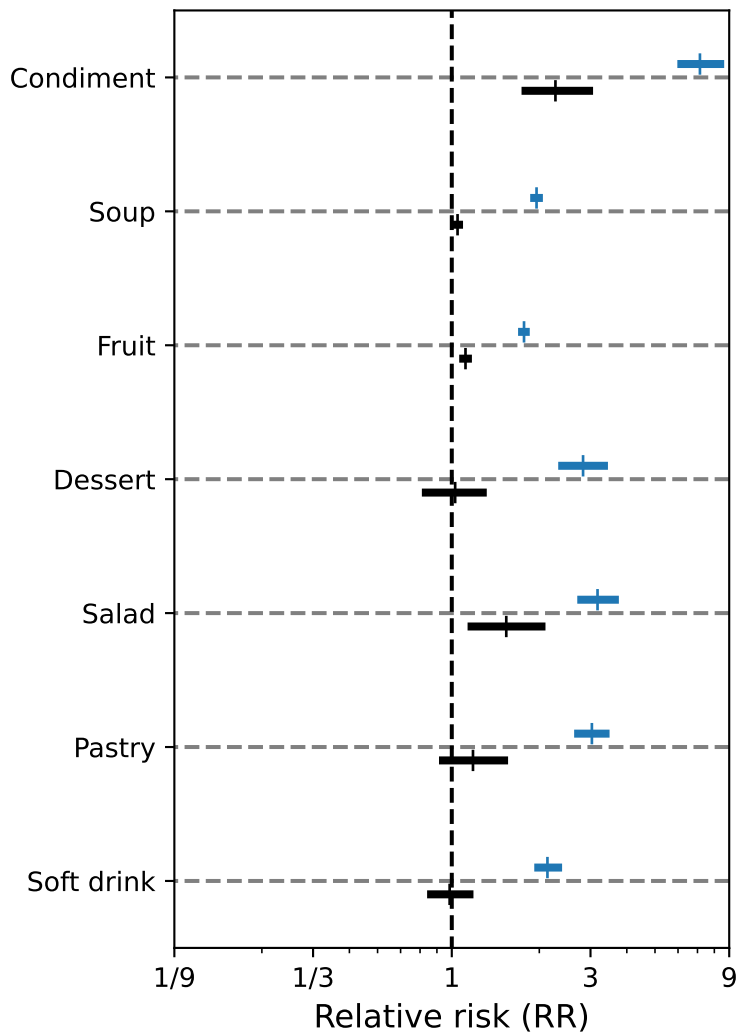
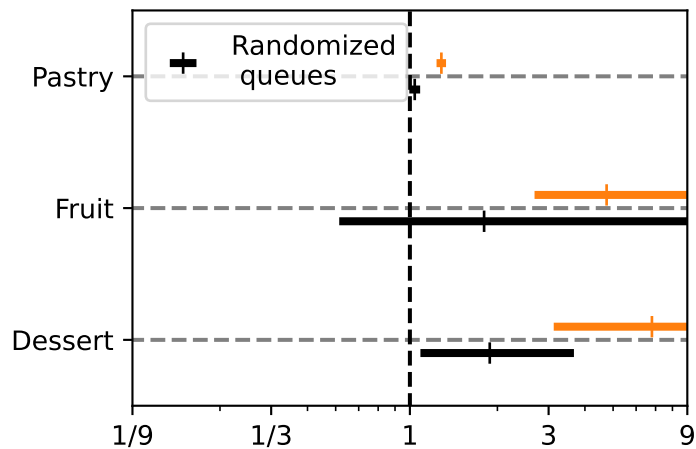


Lunch
(11:00-14.30)

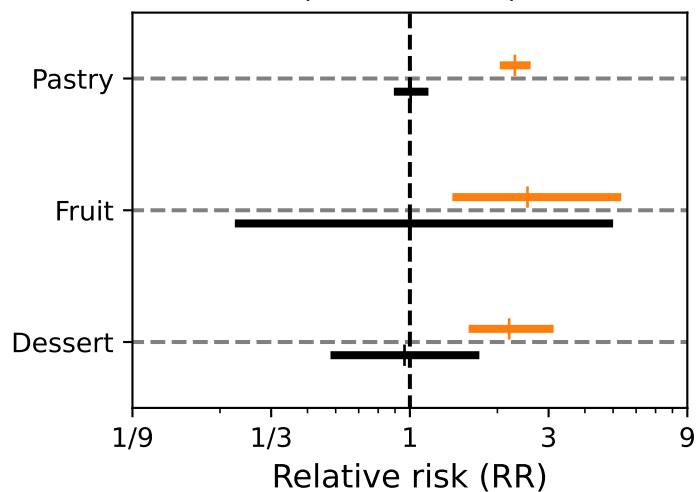


Anchor: meal

Breakfast
(06:00-11:00)



Afternoon/evening snack
(14.30-20:00)



Anchor: coffee or tea