

## **Weekday Schedule**

5:00AM: Rise and Shine

7:00AM: Mass

8:00AM: Breakfast (1 cup of porridge)

8:30AM: Classes

11:30AM: Snack (1 cup of porridge)

12:00PM: Classes

1:30PM: Lunch (1 plate of rice)

2:00PM: Classes

3:00PM: Chores (washing clothes, etc.)

4:00PM: Homework

5:00PM: Supper (1 plate of rice, or beans/corn mixture; vegetables two times per week, meat once per week)

6:00PM: Free Time

7:00PM: Homework

9:00PM: Bedtime