

Family Menu Plan

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack							
Lunch							
snack							
supper							

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack							
Lunch							
snack							
supper							

week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack							
Lunch							
snack							
supper							