

weekly menu

	lunch	dinner
monday		
activities:		
tuesday		
activities:		
wednesday		
activities:		
thursday		
activities:		
friday		
activities:		
saturday		
activities:		
sunday		
activities:		

grocery list

deli	pasta / rice
produce	cereal / peanut butter / jelly
dairy	baking goods
canned goods	fish / meat / poultry
coffee / tea / beverages	bakery
cookies / crackers / snacks	frozen foods