

| | BREAKFAST | LUNCH | DINNER | |
|------------------|------------------|--------------|---------------|---------------------------|
| MONDAY | | | | EXTRA MEAT |
| TUESDAY | | | | |
| WEDNESDAY | | | | EXTRA VEGGIES |
| THURSDAY | | | | |
| FRIDAY | | | | FRUIT |
| SATURDAY | | | | |
| SUNDAY | | | | EXTRA FROZEN ITEMS |
| | To Cook: | | | |