



## Weekly menu

## Groceries

M

Breakfast  
Lunch  
Dinner

T

Breakfast  
Lunch  
Dinner

W

Breakfast  
Lunch  
Dinner

T

Breakfast  
Lunch  
Dinner

F

Breakfast  
Lunch  
Dinner

S

Breakfast  
Lunch  
Dinner

S

Breakfast  
Lunch  
Dinner