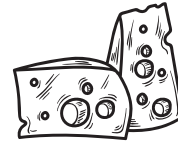




# Menu

Date: \_\_\_\_\_

Menu ingredients



Grocery list

*Monday*

Blank area for writing the menu for Monday.

Four horizontal lines for listing menu ingredients for Monday.

Four horizontal lines for listing grocery items for Monday.

*Tuesday*

Blank area for writing the menu for Tuesday.

Four horizontal lines for listing menu ingredients for Tuesday.

Four horizontal lines for listing grocery items for Tuesday.

*Wednesday*

Blank area for writing the menu for Wednesday.

Four horizontal lines for listing menu ingredients for Wednesday.

Four horizontal lines for listing grocery items for Wednesday.

*Thursday*

Blank area for writing the menu for Thursday.

Four horizontal lines for listing menu ingredients for Thursday.

Four horizontal lines for listing grocery items for Thursday.

*Friday*

Blank area for writing the menu for Friday.

Four horizontal lines for listing menu ingredients for Friday.

Four horizontal lines for listing grocery items for Friday.

*Saturday*

Blank area for writing the menu for Saturday.

Four horizontal lines for listing menu ingredients for Saturday.

Four horizontal lines for listing grocery items for Saturday.

*Sunday*

Blank area for writing the menu for Sunday.

Four horizontal lines for listing menu ingredients for Sunday.

Four horizontal lines for listing grocery items for Sunday.