



# WEEKLY MENU

OCTOBER 1-7

## BREAKFAST

## LUNCH

## DINNER

MON

CEREAL  
BANANAS

ROASTED  
SWEET POTATO  
KALE SALAD  
JUICE

LASAGNA  
SALAD  
ROLLS

TUE

SMOOTHIES

TUNA WRAPS

CROCK POT  
SOUP

WED

CEREAL  
MIXED FRUIT

LEFTOVER SOUP  
ROLLS

GRILLED  
SAUSAGE  
INSTANT POT  
POTATOES  
SALAD

THU

WAFFLES  
BACON

LEFTOVERS  
GRAPES &  
CARROTS

TACOS

FRI

BAKED  
OATMEAL  
FRUIT

ROASTED  
SWEET POTATO  
KALE SALAD  
JUICE

STIR-FRIED  
VEGETABLES &  
FRIED RICE

SAT

BLUEBERRY  
MUFFINS  
BACON

BBQ

BURGERS  
GRILLED VEG

SUN

ENGLISH MUFFIN  
EGGS

LUNCH  
OUT

GRILLED FISH  
GRILLED VEG  
BAKED  
POTATOES





# WEEKLY MENU

BREAKFAST

LUNCH

DINNER

MON

TUE

WED

THU

FRI

SAT

SUN

|     | BREAKFAST | LUNCH | DINNER |
|-----|-----------|-------|--------|
| MON |           |       |        |
| TUE |           |       |        |
| WED |           |       |        |
| THU |           |       |        |
| FRI |           |       |        |
| SAT |           |       |        |
| SUN |           |       |        |

