

Weekly Meal Rotation

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

							Week 1
							Week 2
							Week 3
							Week 4
							Week 5

Week 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
THURSDAY	FRIDAY	SATURDAY	TO BUY

Week 2

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TO BUY

Week 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
THURSDAY	FRIDAY	SATURDAY	TO BUY

Week 4

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TO BUY

Week 5

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TO BUY