

MENU PLAN

NAME _____

DATE _____

WEEK _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FRUIT BREAK					
MORNING TEA					
LUNCH					
AFTERNOON TEA					

Remember the rules! e.g. 1 x fruit, 2 x veges/savoury, 1 x treat and 1 x dairy per day

