

Monthly Dinner Chart

For the Month of- _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
M S B D	M S B D	M S B D	M S B D	M S B D	M S B D	M S B D	Week 1
M S B D	M S B D	M S B D	M S B D	M S B D	M S B D	M S B D	Week 2
M S B D	M S B D	M S B D	M S B D	M S B D	M S B D	M S B D	Week 3
M S B D	M S B D	M S B D	M S B D	M S B D	M S B D	M S B D	Week 4
M S B D	M S B D	M S B D	M S B D	M S B D	M S B D	M S B D	Week 5

M - Main **B - Beverage** **L - Leftovers**
S - Side Dish **D - Desert** **EO - Eating Out**