



Weekly menu planner

WEEK OF

POSTED BY

MEAL	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Grain, fruit, milk					
AM snack Two components					
Lunch Main, side, fruit or veg, milk					
PM snack Two components					
Substitutions What you actually served					

ALLERGIES AND SPECIAL PLATES THIS WEEK

MILK AND DRINKS SERVED

- ☐ Whole milk
- ☐ 1% milk
- ☐ Water offered
- ☐ Substitute drink

GROCERY LIST FOR THE WEEK

Post this where families can read it, and note substitutions the same day. In the app, the meal each child was served is logged as it happens and the family sees it with their allergy notes attached.