

Menu plan for the week

Write down what lands on the table — so on Tuesday evening you are not working it out at six o'clock.

Monday MON	LUNCH 	DINNER
Tuesday TUE	LUNCH 	DINNER
Wednesday WED	LUNCH 	DINNER
Thursday THU	LUNCH 	DINNER
Friday FRI	LUNCH 	DINNER
Saturday SAT	LUNCH 	DINNER
Sunday SUN	LUNCH 	DINNER
CHECK THE CUPBOARD 		NOTES

What a week could look like

A real family week: cook ahead twice, one leftovers night, something quick on Friday. Meant as a starting point, not a rule.

Monday MON	LUNCH Soup with bread Sunday leftovers	DINNER Mince with horn pasta Cook a double batch
Tuesday TUE	LUNCH Salad & cheese	DINNER Vegetable bake Freeze half of it
Wednesday WED	LUNCH Monday's pasta Reheated	DINNER Chicken legs with roast veg
Thursday THU	LUNCH Sandwich	DINNER Rosti with a fried egg 20 minutes
Friday FRI	LUNCH Tuesday's bake From the freezer	DINNER Pizza — homemade The kids help
Saturday SAT	LUNCH Snack plate	DINNER Raclette Family night
Sunday SUN	LUNCH Zopf & eggs Brunch	DINNER Roast with mashed potato Leftovers for Monday

CHECK THE CUPBOARD

NOTES
