|  |  |
| --- | --- |
| **Date:** | / / (day / month / year) |
| **House:** 106 Palmer  108 Palmer | |
| **MONDAY** meal: | |
| Ingredients: | |
| **TUESDAY** meal: | |
| Ingredients: | |
| **WEDNESDAY** meal: | |
| Ingredients: | |
| **THURSDAY** meal: | |
| Ingredients: | |
| **FRIDAY** meal: | |
| Ingredients: | |
| **SATURDAY** meal: | |
| Ingredients: | |
| **SUNDAY** meal: | |
| Ingredients: | |