|  |  |
| --- | --- |
| **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: |