

Planning With Kids Monthly Menu Planning Template

DATE	MON	TUE	WED	THU	FRI	SAT	SUN
Activities:							
Meal type:							

MEAL TYPE IDEAS:

- Breakfast for dinner
 - Bulk meal –left over’s for other meals or lunches
 - Homemade fast food - e.g. pizza, fish and chips, hamburgers
- Meals that dad and kids can cook
 - Meat and Veg
 - Quick meals (15 minutes prep or less)
 - Roasts
 - Slow cooker meal
- Soups
 - Stir fry
 - Vegetarian
 - Wrap style meal

Notes: Weekend meals can be made in quantities to provide meat that can be used with lunches for both kids and adults. E.g. chicken schnitzel strips/sandwiches for the kids. Taco meat can be served with avocado and sweet potato hash for a lunch during the week for mum.

Planning With Kids Monthly Menu Planning Template

Family meal selection:

Mum	Dad	Child 1	Child 2	Child 3	Child 4	Child 5

These are guidelines for choosing meals:

- Each family member can choose up to four meals for the month.
- Each meal can only be on the plan twice in a month.
- They can only choose one homemade fast food style meal per month each.