

Monthly Menu Planning Template

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Meal Type: <i>(eg soup, slow cooker)</i>							
Week Starting:							
Week Starting:							
Week Starting:							
Week Starting:							

Meal Type Inspiration:

- ❖ Pasta based dish
- ❖ Bulk Meal –left over's for other meals.
- ❖ Meat and Veg
- ❖ Meal with rice
- ❖ Quick Meals (15 minutes prep or less)
- ❖ Soups
- ❖ Slow Cooker Meal
- ❖ Meals that dad and kids can cook
- ❖ Vegetarian

Kid's Input:

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