

Weekly Menu Planner

Make-Ahead/Batch Dishes	Freeze-Ahead Dishes
Bake	Prepare Fresh



Monday

Breakfast _____
Lunch _____
Dinner _____
Snacks _____
Dessert _____

Thursday

Breakfast _____
Lunch _____
Dinner _____
Snacks _____
Dessert _____

Sunday

Breakfast _____
Lunch _____
Dinner _____
Snack _____
Dessert _____

Tuesday

Breakfast _____
Lunch _____
Dinner _____
Snacks _____
Dessert _____

Friday

Breakfast _____
Lunch _____
Dinner _____
Snacks _____
Dessert _____

Wednesday

Breakfast _____
Lunch _____
Dinner _____
Snacks _____
Dessert _____

Saturday

Breakfast _____
Lunch _____
Dinner _____
Snacks _____
Dessert _____



Special Sabbath Preparations:

