

Ardmore Enterprises, Inc.

MENU PLAN

HOUSE/CONSUMERS: _____

SPECIAL DIETS: _____

DATE/DAY	FOODS	BREAKFAST	LUNCH	DINNER	SNACK
	Meat				
	Starch				
MONDAY	Fruit				
/ /	Vegetable				
	Milk/Dairy				
	Water/Beverage				
*****	*****	*****	*****	*****	*****
	Meat				
	Starch				
TUESDAY	Fruit				
/ /	Vegetable				
	Milk/Dairy				
	Water/Beverage				
*****	*****	*****	*****	*****	*****
	Meat				
	Starch				
WEDNESDAY	Fruit				
/ /	Vegetable				
	Milk/Dairy				
	Water/Beverage				

DATE/DAY	FOODS	BREAKFAST	LUNCH	DINNER	SNACK
	Meat				
	Starch				
THURSDAY	Fruit				
/ /	Vegetable				
	Milk/Dairy				
	Water/Beverage				
*****	*****	*****	*****	*****	*****
	Meat				
	Starch				
FRIDAY	Fruit				
/ /	Vegetable				
	Milk/Dairy				
	Water/Beverage				
*****	*****	*****	*****	*****	*****
	Meat				
	Starch				
SATURDAY	Fruit				
/ /	Vegetable				
	Milk/Dairy				
	Water/Beverage				
*****	*****	*****	*****	*****	*****
	Meat				
	Starch				
SUNDAY	Fruit				
/ /	Vegetable				
	Milk/Dairy				
	Water/Beverage				