



# MENUS DE LA SEMAINE

LUNDI

MIDI

SOIR

Empty boxes for meal planning on Monday.

MARDI

MIDI

SOIR

Empty boxes for meal planning on Tuesday.

MERCREDI

MIDI

SOIR

Empty boxes for meal planning on Wednesday.

JEUDI

MIDI

SOIR

Empty boxes for meal planning on Thursday.

VENDREDI

MIDI

SOIR

Empty boxes for meal planning on Friday.

SAMEDI

MIDI

SOIR

Empty boxes for meal planning on Saturday.

DIMANCHE

MIDI

SOIR

Empty boxes for meal planning on Sunday.



FRIGO / CONGÉLATEUR :

Four horizontal dashed lines for refrigerator/freezer notes.

PLACARDS :

Four horizontal dashed lines for placards notes.

COURSES :

Four horizontal dashed lines for shopping list notes.