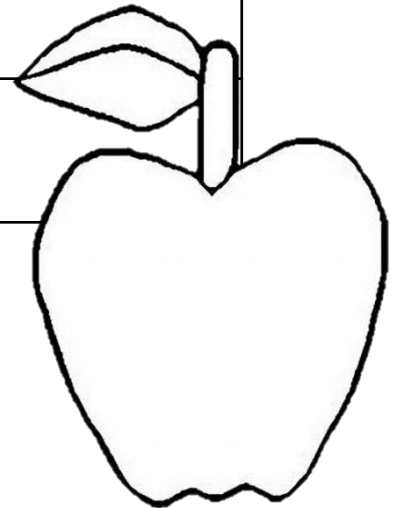


This weeks dinner MENU

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	



This weeks dinner MENU

Monday	Spaghetti & Meat Balls with green beans and carrots
Tuesday	Chicken Strips & Rice with gem squash stuffed with peas
Wednesday	Macaroni & Cheese with broccoli
Thursday	Beef stew & Rice with mixed vegetables
Friday	Fish & Chips with green salad & corn

EXAMPLE

