



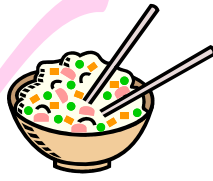




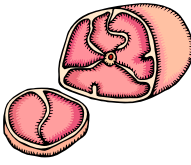




Meal Planning

Save Time

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|--|--|---|---|
| B R E A K F A S T | | Eggs & rice  | | Fruit salad  | | | |
| L U N C H | | Chicken salad  | | Fish burger  | Fried rice  | | Portuguese bean soup  |
| D I N N E R | Rice & baked chicken  | Chicken soup  | Fruit salad & fish  | Rice & pot roast  | Chop suey  | Portuguese bean soup  | |