| Menday | tuesday | wearesday | thursday | \#iday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Breablast | Fentusat | Brealfast | Brealdsest | brealsact | Brealuest | , realusat |
| ${ }^{\text {Lunctu }}$ | ${ }_{\text {Lunch }}$ | ${ }_{\text {Lunch }}$ | ${ }_{\text {Lumb }}$ | ${ }_{\text {Luncta }}$ | Lunct | tument |
|  | ${ }^{\text {Dinerer }}$ | $\square$ | $\square$ | ${ }^{\text {Dimerer }}$ | Dimer $\quad \square$ | ${ }^{\text {Dimer }}$. |

Notes:

# "Family dinners should be planned with as much thought and care as company dinners." 

\{Better Homes and Gardens Cook Book, 1946\}

