

Refrigerator Magnet Menu Cards

1. Print and laminate this card and the menu mat. Cut out meal cards.
2. Add magnetic strips on the back of the mat and meal cards.
3. Plan your menus on the fridge!

 Spaghetti	 Chicken Fried Rice	 Tuna Casserole	 Bean Soup	 Shepherd's Pie
 Pot Roast & Vegetables	 Chili	 Meatloaf	 Salmon	 Roast Chicken & Vegetables
 Cabbage & Kielbasa	 Chicken Salad	 Grilled Cheese & Soup	 Killer Tacos	 Feta Salad
 Turkey Ham Mac & Cheese	 Orange Roughy & Rice	 London Broil	 Parmesan fish	 Pizza
 BBQ Chicken	 Chicken Fajitas	 Beef & Broccoli	 Flank Steak	 Lasagna
 Submarine Salad	 Vegetable Beef Soup	 Breakfast for Dinner	 Sloppy Joes	 Leftovers

Weekly Menus

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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