

FRIDAY NIGHT	DAY שבת	PLAN AHEAD	SHOPPING
Dips & Salads:	Dips & Salads:	Sunday:	
Fish:	Appetizer / Fish:	Monday:	
Soup:	Salad /Eggs:	Tuesday:	
Main Dishes:	Main /Cholent:	Wednesday:	
Side Dishes:	Other:	Thursday:	
Other:	Dessert:	Friday:	
Desserts / Treats:	סעודה שלישית		
		שבת:	