

Meal Chores

Week Of:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Food Helper							
Table Helper							
Kitchen Helper							

Food Helper

Cook/Fix meal

Pack lunches

Grocery shopping

Clean out fridge

Table Helper

Set the table

Clear the table

Serve drinks

Decorate the table

Kitchen Helper

Put leftovers away

Take out compost scraps

Load the dishwasher

Wash and put away pots and pans