

SEPT					OCT				
M	T	W	T	F	M	T	W	T	F
	1	2	3	4				1	2
7	8	9	10	11	5	6	7	8	9
14	15	16	17	18	12	13	14	15	16
21	22	23	24	25	19	20	21	22	23
28	29	30							

 = Menu Week 1  = Menu Week 2  = Menu Week 3