

DAILY MEAL PLANNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

ATLANTIC FOOD MART SHOPPING LIST

AISLE #1

COFFEES – CAN, JAR
 DRINK MIXES – KOOL-AID
 INSTANT BREAKFAST
 JAMS & JELLIES
 JUCIES- BOTTLED,
 ASEPTIC
 TEAS – DOMESTIC &
 SPECIALTY

AISLE #2

BROTH – CANNED
 FRUIT – CANNED
 PANCAKE MIXES
 PASTA – CANNED
 PASTENE PRODUCTS
 POTATOES INSTANT
 SOUPS – CANNED
 SYRUP – MAPLE
 VEGETABLES – CANNED

AISLE #3

ALUMINUM PANS
 CONDOMENTS – OTHER
 CRUTONS
 GADGETS – HOUSEHOLD

KETCHUP
 MAYONAISE
 MUSTARD
 OILS
 PICKLES
 PLASTIC BAGS
 SALAD DRESSINGS
 TUNA FISH – CANNED
 VINEGAR
 WRAPS

AISLE #4

BEANS – CANNED
 CHEESE – GRATED
 CHINESE FOODS
 CHIPS – GOURMET
 MEXICAN FOODS
 PASSOVER FOODS
 PASTA – BOXED
 RICE - MIXES
 SPAGETTI SAUCE
 TOMATOES – CANNED

AISLE #5

BAKING NEEDS
 CANDLES

CANDY
 JELLO & PUDDING
 MIXES
 SPICES & SALT
 SUGAR
 WATER – BOTTLED

AISLE #6

BREAD, ROLLS
 COOKIES- NABISCO,
 KEEBLER
 CUTLERY
 PLATES
 SODA – CAN,
 BOTTLED

AISLE #7

BABY FOODS &
 SUPPLIES
 CEREAL – REG &
 ORGANIC
 DIAPERS
 DRAKES SNACKS
 FRUIT SNACKS
 GRANOLA BARS
 OATMEAL

RICE CAKES

AISLE #8

BATH TISSUES
 FEMINE HYGENE
 HEALTH & BEAUTY
 MOPS & BROOMS
 NAPKINS
 TOWELS

AISLE #9

BLEACH
 CAT FOOD
 DISH DETERGENT
 DOG FOOD
 HOUSEHOLD
 CLEANERS
 SPONGES

AISLE #10

BEER & WINE
 NUTS
 PEPPERIDGE FARM
 COOKIES
 POPCORN –
 MICROWAVE
 POTATO CHIPS

AISLE #11

ARCHWAY COOKIES
COCKTAIL MIXES
CONES – ICE CREAM
COOKIES – DIETIETIC
COOKIES - SPECIALTY
HOSTESS SNACKS
MILK – SOY, BOXED
NUTRITIONAL BARS
NUTRITIONAL DRINKS

MEAT DEPT.

BACON
CHICKEN _____
GROUND BEEF
HAM _____
PORK _____
RIBS
ROAST _____
SAUSAGE
STEAK _____
TURKEY _____

DAIRY

BISCUITS
BUTTER
CHEESE - BLOCK
CHEESE – SHRED.
CHEESE - SLICED
COFFEE CREAMER
EGGS
JUICE
MARGARINE
MILK/ CREAM
SOUR CREAM
YOGURT

PRODUCE

APPLES
BANANAS
BROCCOLI
CARROTS
CELERY
CHERRIES
CUCUMBERS
GRAPES
LEMONS
LETTUCE
PEAS
PEPPERS
POTATOES
SQUASH
STRAWBERRIES
WATERMELON

BAKERY

BAGELS
BREAD
CAKES/PIES
COOKIES
CROISSANTS
FRENCH BREAD
MUFFINS
PASTRIES
ROLLS

SEAFOOD

SCROD
SHRIMP COOKED
SHRIMP RAW
SWORDFISH
TUNA
OTHER

DELI

CHEESE
COLDCUTS
FRESH OLIVES
FRESH SANDWICHES
PASTA SALAD
POTATO SALAD
COLESLAW

FROZEN FOODS

BREAKFAST
DINNER
ICE
ICE CREAM
JUICE
PASTRIES
PIES
PIZZA
POTATOES
VEGETABLES

OTHER

