








Day	Post Theme	Content Type	SEO Tips	Example Headline
Monday	 Weekly Specials / Promo	Photo + Short Description	Use local + menu keywords	Taco Monday in [Your City] Just Got Better
Tuesday	 Customer Testimonial	Quote or Screenshot + Menu Item Mention	Mention dish + location name	Best Vegan Burger in [City] – Thanks Jake!
Wednesday	 Behind the Scenes	Chef prepping, food plating, staff highlight	Use keywords like 'family-owned restaurant in [City]'	Prepping Our Famous Ribs – Here's How
Thursday	 Upcoming Event / Experience	Live music, trivia night, wine tasting, etc.	Mention 'things to do in [City]' or 'date night'	Trivia Night Thursdays at [Restaurant Name]
Friday	 Feature Dish of the Week	Spotlight + appetizing photo	Use exact menu item names + location	Try Our Lobster Roll – Friday Special!
Saturday	 Local Angle / Neighborhood	Tie to nearby events, sports, or farmer's market	Use 'restaurants near [event/landmark]'	Going to [Event]? Brunch Here First!
Sunday	 Limited Time Reminder	Urgency: deal ends, seasonal dish, etc.	'Last chance' + local dish or theme	Final Day for Pumpkin Spice Pancakes!