

# October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Pizza night	2
3 Pork tenderloin Mashed potatoes Green beans	4 Veggie curry	5 Taco night	6 Harvest chicken skillet	7 Roast salmon Rice pilaf Peas & carrots	8 One pot pasta	9
10 Chicken noodle soup	11 Veggie flatbreads	12 Pork chops Sweet potatoes Kale salad	13 Breakfast for dinner	14 Turkey sausage Mac & cheese Broccoli	15 Beef or chicken nachos	16
17 Spaghetti Salad	18 Stuffed spaghetti squash	19 Burrito bowls	20 Stuffed chicken Quinoa salad	21 Beef & barley soup	22 Orange chicken Rice Snow peas	23
24 Slow cooker soup or stew	25 Tilapia Orzo salad	26 Enchiladas	27 Pork chops Roast potatoes Broccoli	28 Sheet pan chicken	29 Steaks Baked potatoes Steamed broccoli	30
Chili Halloween						