

October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Taco night	2 Harvest chicken skillet	3 Turkey sausage Mac and cheese Broccoli	4 Pizza night	5
6 Pork tenderloin Mashed potatoes Green beans	7 Vegetarian curry	8 Taco or fajita pasta	9 Breakfast for dinner	10 Roast salmon Rice pilaf Peas and carrots	11 One pot pasta	12
13 Chicken noodle soup	14 Stuffed spaghetti squash	15 Pork chops Sweet potatoes Kale salad	16 Beef and barley soup	17 Orange chicken Rice Snow peas	18 Beef or chicken nachos	19
20 Spaghetti Salad	21 Veggie flatbreads	22 Burrito bowls	23 Stuffed chicken Quinoa salad	24 Sheet pan chicken dinner	25 Steaks Baked potato Caesar salad	26
27 Slow cooker soup or stew	28 Tilapia Orzo salad	29 Enchiladas	30 Pork chops Roast potatoes Broccoli	31 Chili Halloween		