

October

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Chili cornbread casserole	2 Pizza night	3
4 Roast chicken Roast potatoes & veggies	5 Chef salad	6 Taco night	7 Pork chops Baked potatoes Broccoli	8 Sausage stuffed squash	9 Baked chicken Farro salad	10
11 Slow cooker chicken	12 Fried rice	13 Turkey or beef chili mac	14 Baked fish Potatoes Green beans	15 Ground turkey skillet	16 Quesadillas Salad	17
18 Lasagna Salad Bread	19 Stuffed chicken Potatoes Broccoli	20 Shrimp creole	21 Soup and sandwiches	22 Stuffed bell peppers	23 Breakfast for dinner	24
25 Spaghetti & meatballs Salad	26 Sheet pan chicken	27 Chicken or beef burritos	28 Chicken casserole	29 Pork tenderloin Mac & cheese Green peas	30 Snack board dinner	31 Halloween