

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Roasted Sausage & Veggies	2 Sweet & Sour Chicken	3 Beefy Tomato Soup	4 Slow Cooker Beef & Potatoes Au Gratin	5 Taco Noodle Bake
6 Italian Sausage With Bow Tie Pasta	7 Glazed Pork Chops	8 Honey Garlic Shrimp	9 Thick & Hearty Veggie & Barley Soup	10 Bow Tie Fiesta	11 Creamy Italian Chicken Pasta	12 Fajita Nachos
13 Teriyaki Chicken Rice Bowl	14 Chicken Alfredo Veggie Bake	15 Tex Mex Chicken Casserole	16 Beefy Mac & Cheese	17 Oven Drumsticks	18 Bubble Pizza	19 Kabobs in the Oven
20 Slow Cooker Pork Chops	21 French Onion Burgers	22 Creamy Crockpot Mexican Chicken	23 Pulled Pork Sandwiches	24 Smoked Sausage & Potato Hash	25 Slow Cooker Italian Chicken	26 Italian Baked Hoagies
27 Broccoli Cheddar Chicken	28 Beef Stew	29 Sheet Pan Cashew Chicken	30 Italian Sausage & Peppers	31 Slow Cooker Chili Halloween		