

October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Big Mac Salad Bowl
2 Italian Sausage With Bow Tie Pasta	3 Glazed Pork Chops	4 Honey Garlic Shrimp	5 Pepper Steak Stir Fry	6 Bow Tie Fiesta	7 Slow Cooker Pasta e Fagioli Soup	8 Fajita Nachos
9 Teriyaki Chicken Rice Bowl	10 Chicken Alfredo Veggie Bake	11 Tex Mex Chicken Casserole	12 Beefy Mac & Cheese	13 Oven Drumsticks	14 Egg, Sausage & Potato Breakfast Burritos	15 Garlic Shrimp Vegetable Stir Fry
16 Chicken Shawarma	17 French Onion Burgers	18 Creamy Crockpot Mexican Chicken	19 Pulled Pork Sandwiches	20 Smoked Sausage & Potato Hash	21 Slow Cooker Italian Chicken	22 Italian Baked Hoagies
23 Broccoli Cheddar Chicken	24 Honey Garlic Meatballs	25 Italian Sausage & Peppers	26 One Pan Sausage & Veggies	27 Slow Cooker Balsamic Pot Roast	28 Candied Chicken	29 French Toast
30 Roasted Sheet Pan Chicken Thighs	31 Chili & Grilled Cheese Halloween					