

## October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Taco Noodle Bake
2 Italian Sausage With Bow Tie Pasta	3 Glazed Pork Chops	4 Honey Garlic Shrimp	5 Thick & Hearty Veggie & Barley Soup	6 Bow Tie Fiesta	7 Creamy Italian Chicken Pasta	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 Bubble Pizza	15 Kabobs in the Oven
16 Slow Cooker Pork Chops	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 Beef Stew	25 Ham	26 Italian Sausage & Peppers	27 BBQ Bacon Chicken	28 Candied Chicken	29 Bruschetta Chicken Casserole
30 Roasted Sheet Pan Chicken Thighs	31 Chili  Halloween					