

OCTOBER 2020 MONTHLY MEAL PLAN

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 No soup chicken rice casserole , vegetable side	2 Pimento grilled cheese , fruit	3 Tangy ranch chicken wings , raw veggies and dip
4 Herb roasted pork loin , rice, vegetable side	5 Sausage noodle casserole , green beans	6 Slow cooker tomato soup , grilled cheese	7 Hawaiian chicken kabobs , rice, salad	8 Chuck Wagon Mac , broccoli	9 Egg roll in a bowl	10 Greek chicken pitas , chips
11 Maple dijon chicken thighs , bread, vegetable side	12 Creamy vegan mushroom ramen	13 Cheese tortellini soup , salad, bread	14 Thai style beef stir fry	15 Southwest chicken casserole , salad	16 Chicken yakisoba	17 Crispy sheet pan gnocchi and veggies
18 Mississippi pot roast , rice, vegetable side	19 Spinach and artichoke wonderpot	20 Slow cooker black bean chili , salad	21 Beef fajita skillet dinner , fruit	22 Slow cooker salsa chicken , rice, corn	23 Korean beef bowl	24 Pan cooked salmon , pasta, broccoli
25 Copycat chick-fil-a sandwich , french fries, fruit	26 White chicken enchiladas , corn	27 Broccoli cheddar soup , salad, bread	28 Keto stir fry cabbage	29 Chicken, broccoli, and cheese casserole	30 Quick stir fry	31 Chunky potato soup , salad, bread