

# October 2021 | Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>31</b> <a href="#">Homemade pizza</a> , fruit					<b>1</b> <a href="#">Baked nachos</a> , fruit	<b>2</b> <a href="#">Homemade pizza</a> , fruit
<b>3</b> <a href="#">Asian bowls</a>	<b>4</b> <a href="#">Slow cooker tomato soup</a> , <a href="#">grilled cheese</a>	<b>5</b> <a href="#">Thai style beef stir fry</a>	<b>6</b> <a href="#">Pasta Bar</a>	<b>7</b> <a href="#">Chunky potato soup</a> , salad, bread	<b>8</b> <a href="#">Slow cooker french dip sandwiches</a> , fruit	<b>9</b> <a href="#">Pizzadillas</a>
<b>10</b> <a href="#">Chicken alfredo roll-ups</a> , broccoli	<b>11</b> <a href="#">Cheese tortellini soup</a> , salad, bread	<b>12</b> <a href="#">Black bean and rice enchiladas</a> , corn	<b>13</b> Eat Out	<b>14</b> <a href="#">Hamburger soup</a> , salad, bread	<b>15</b> <a href="#">Black bean and sweet potato quesadillas</a> , fruit	<b>16</b> <a href="#">Homemade pizza</a> , fruit
<b>17</b> <a href="#">Baked sausage</a> , pasta, zucchini	<b>18</b> <a href="#">Slow cooker black bean chili</a> , salad	<b>19</b> <a href="#">Homemade chicken divan</a>	<b>20</b> <a href="#">Pasta Bar</a>	<b>21</b> <a href="#">Copycat Carrabba's chicken soup</a> , salad, bread	<b>22</b> <a href="#">Spinach feta grilled cheese</a> , fruit	<b>23</b> <a href="#">Green chile egg bake</a> , fruit, biscuits
<b>24</b> <a href="#">Ground beef noodle bake</a> , vegetable side	<b>25</b> <a href="#">Broccoli cheddar soup</a> , salad, bread	<b>26</b> <a href="#">Skillet lasagna</a> , broccoli	<b>27</b> Eat Out	<b>28</b> <a href="#">Taco soup</a> , salad, bread	<b>29</b> <a href="#">Meatball sandwich</a> , fruit	<b>30</b> <a href="#">Lemon garlic fish</a> , rice, asparagus