

October 2022 | Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Dinner at church	31 Grilled sausages, pasta salad , corn on the cob					1 Macaroni and cheese , hot dogs, peas
2 Snack board	3 Hashbrown bowls , fruit	4 Grilled chicken, cauliflower salad , green beans	5 Beef stroganoff , pasta, zucchini	6 Falafel , pita bread, rice, asparagus	7 Homemade fried chicken , mashed potatoes, broccoli	8 Zuppa Toscana soup , bread
9 Frozen pizza, green beans	10 Tacos/nachos	11 Tomato soup , grilled cheese	12 White chicken enchiladas , corn	13 Hamburgers , tater tots, carrots	14 Chuck wagon mac , salad	15 Out of town
16 Meatball subs , chips, raw veggies and dip	17 Bacon cheeseburger pie , fruit	18 Chick-fil-a sandwiches , tater tots, vegetable	19 Pasta bar	20 Cheese tortellini soup , salad	21 Meatloaf , potatoes, green beans	22 Black bean chili , cornbread
23 Creamy spinach chicken , pasta	24 Jambalaya , corn	25 Cheeseburger soup , bread, salad	26 Easy sloppy joes , buns, vegetable	27 Easy oven fajitas , black beans, corn	28 Beef and veggie egg noodles	29 Victory garden smash one-pot dish