

October 2023



Monthly Meal Plan

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1 Frozen pizzas, frozen broccolis	2 Sausage pepper biscuit casserole , fruit	3 Roast chicken with vegetables , rolls	4 Beef stroganoff , pasta, zucchini	5 Chili dogs , frozen french fries, broccoli	6 Chicken enchiladas , frozen corn	7 Herb roasted pork loin , rice, vegetable side
8 Crispy sheet pan gnocchi and veggies	9 Chicken yakitori , rice, green beans	10 Pasta bar	11 Buffalo chicken , roasted carrots	12 Black bean burgers, broccoli salad	13 Pigs in a blanket , dinner vegetable	14 Tangy ranch chicken wings , raw veggies and dip
15 Slow cooker pot roast , salad	16 Pizza breakfast casserole , fruit	17 Swedish meatballs , potatoes, green beans	18 Walnut crusted chicken , roasted potatoes, broccoli	19 Turkey burgers , frozen french fries, asparagus	20 Shepherd's pie , salad	21 Greek chicken pitas , chips
22 Snack board	23 Bacon cheddar waffles , fried eggs, fruit	24 Slow cooker butter chicken , rice, carrots	25 Beef and veggie egg noodles	26 Egg roll in a bowl	27 Pepperoni pizza rolls , fruit	28 Slow cooker tomato soup , grilled cheese
29 Dinner @ Church	30 Tater tot casserole , fruit	31 Chuck Wagon Mac , broccoli				