

10



OCTOBER



2026

S U N	M O N	T U E	W E D	T H U	F R I	S A T
				1 <u>One pan chicken and rice</u> , green beans	2 Grilled steaks, <u>roasted brussels sprouts</u>	3 <u>Cottage cheese egg bake</u> , sausage, biscuits
4 <u>Philly cheesesteaks</u> , fruit	5 <u>Hot ham and cheese sliders</u> , zucchini	6 Tacos, black beans, corn	7 <u>Fried spaghetti</u> , broccoli	8 <u>Chipotle chicken burrito bowls</u>	9 <u>Creamy chicken noodle soup</u> , bread	10  Out of town
11 Grilled sausages and peppers, fruit salad	12  Community Group	13 <u>Chicken florentine casserole</u>	14 <u>Black bean chili</u> , salad	15 <u>Honey buffalo chicken tenders</u> , roasted potatoes, vegetable	16 <u>Chicken avocado burgers</u> , buns, french fries, salad	17 <u>One pot sausage and mushrooms</u> , salad
18 <u>Cinnamon apple pork chops</u> , rice, squash	19 <u>Fall frittata</u> , bacon, biscuits	20 <u>Greek tuna salad baked potatoes</u> , fruit	21 <u>Butternut squash lasagna</u> , salad	22 <u>Gochujang beef bowls</u>	23 <u>Pizza bread</u> , fruit	24 <u>Tomato soup</u> , grilled cheese
25 <u>Tater tot casserole</u> , fruit	26 <u>Sausage shrimp skillet</u>	27 <u>Blackened chicken meal</u>	28 <u>Mississippi pot roast</u> , rice, green beans	29 <u>Chicken and zucchini dragon noodles</u>	30 <u>Sausage, red beans, and rice</u>	31  Pizza with friends