



# October Meal Plan

| SUNDAY                | MONDAY                            | TUESDAY                          | WEDNESDAY                           | THURSDAY                          | FRIDAY                  | SATURDAY                        |
|-----------------------|-----------------------------------|----------------------------------|-------------------------------------|-----------------------------------|-------------------------|---------------------------------|
|                       |                                   |                                  | 1<br>Baked Hot Legs                 | 2<br>Pork Fried Rice              | 3<br>Supreme Pizza      | 4<br>Pan Seared Salmon          |
| 5<br>Baked Lasagna    | 6<br>Sausage & Chicken Jambalaya  | 7<br>Chicken Primavera over Rice | 8<br>Homemade Hamburger Helper      | 9<br>Soft Tacos with Beans & Rice | 10<br>Supreme Pizza     | 11<br>Sweet Potato Soup         |
| 12<br>Roast Chicken   | 13<br>Meatball Subs               | 14<br>Grilled Pork Chops         | 15<br>Italian Antipasto Pasta Salad | 16<br>White Chicken Chili         | 17<br>Very Veggie Pizza | 18<br>Shrimp Fried Rice         |
| 19<br>Baked Manicotti | 20<br>Beef and Bean Soft Tacos    | 21<br>Chicken Parmesan Pasta     | 22<br>One Pot Potato Soup           | 23<br>Homemade Hamburger Helper   | 24<br>Supreme Pizza     | 25<br>Cheesy Chicken Enchiladas |
| 26<br>Baked Lasagna   | 27<br>Sausage & Chicken Jambalaya | 28<br>Chicken Fettuccini Alfredo | 29<br>Mushroom & Veggie Frittata    | 30<br>Grilled Pork Chops          | 31<br>Supreme Pizza     |                                 |