

# October Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Lemon Butter CHICKEN	2 SLOW COOKER BEEF & BROCCOLI	3 TACO TUESDAY CROCKPOT CHICKEN TACOS	4 GRILLED CHEESE W/ YOUR FAV SOUP	5 <i>leftovers</i>	6 CHICKEN PARM MEATBALLS	7 KOREAN FLANK STEAK
8 CREAM CHICKEN OVER BISCUITS	9 SPAGHETTI W/ MEATBALLS	10 TACO TUESDAY FAJITAS	11 BRINNER! YOUR FAV BREAKFAST	12 <i>leftovers</i>	13 PIZZA PASTA CASSEROLE	14 HAM POTATOES / VEGGIE
15 CHICKEN ROMANO	16 HAM W/ MAC & CHEESE	17 TACO TUESDAY ULTIMATE NACHOS	18 BAKED FISH	19 <i>leftovers</i>	20 PULLAPART PIZZA	21 ITALIAN CHICKEN
22 SLOW COOKER TURKEY	23 CHICKEN CACCIATORE	24 TACO TUESDAY FISH TACOS	25 SLOW COOKER HONEY TERIYAKI CHICKEN	26 <i>leftovers</i>	27 PHILLY CHEESESTEAK SLOPPY JOES	28 SHRIMP SCAMPI
29 ITALIAN SAUSAGE & PEPPERS	30 EASY CHICKEN POT PIE	31 Happy Halloween! TACO TUESDAY JACK-O-LANTERN QUESADILLAS				