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| October |  |
|  | 2020 |
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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  | 1 | 2 | 3 |
|  |  |  |  | Garlic Mushroom Chicken over pasta and a salad S | Roast with veggies |  |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  | Cheesy Sausage, Broccoli, and Cauliflower Casserole with a salad S  | Sheet pan fajitas Any | Creamy Ranch Pork Chops with mashed cauliflower and steamed broccoli S | Papaya Chicken over brown rice E | Crack Chicken with a salad S |  |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
|  | Tuscan Chicken with mushrooms and a salad S | Mexican Rice E | Supreme Pizza with a salad S | Chicken bacon ranch casserole with a salad S | Mississippi Roast with mashed cauliflower and a salad S |  |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|  | Pumpkin Kale Pasta Sauce with on plan pasta and a salad S | Creamy Crockpot Mexican Chicken E | Parmesan Pork Chops with mashed cauliflower and sautéed cabbage S | Shrimp Fried Rice E | Chili with cornbread S |  |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|  | Italian Chicken Sausage with salad E | Crockpot Chicken Tacos Any | Cheeseburger Soup S | Salmon Patties with roasted cauliflower and a salad S | Lemon Chicken with mashed cauliflower and steamed broccoli S |  |
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