

October

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Pesto Ranch Chicken with a salad S	2
3	4 Greek Chicken with a salad S	5 Creamy Taco Soup E	6 Italian Sausage, Peppers, and onions S	7 Steak Bites S	8 Roast with veggies S	9
10	11 Chicken cacciatore S	12 Chicken Tacos Any	13 Pork Roast with mashed cauliflower and a salad S	14 Hamburger Soup E	15 Pizza Casserole with a salad S	16
17	18 Black Bean Soup E	19 Green Chili Chicken with Spanish cauliflower rice S	20 Lemon Chicken with Mashed Cauliflower and a salad S	21 Philly Cheesesteak and a salad S	22 Roasted Chicken with roasted veggies You pick fuel	23
24	25 BBQ Chicken and coleslaw S	26 Creamy Mexican Chicken E	27 Mississippi Roast, mashed cauliflower, and a salad S	28 Chicken Broccoli Alfredo with a salad S	29 Tomato Basil Soup with grilled cheese S	30
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