


October 2021 | Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Homemade pizza , fruit					1 Baked nachos , fruit	2 Homemade pizza , fruit
3 Asian bowls	4 Slow cooker tomato soup , grilled cheese	5 Thai style beef stir fry	6 Pasta Bar	7 Chunky potato soup , salad, bread	8 Slow cooker french dip sandwiches , fruit	9 Pizzadillas
10 Chicken alfredo roll-ups , broccoli	11 Cheese tortellini soup , salad, bread	12 Black bean and rice enchiladas , corn	13 Eat Out	14 Hamburger soup , salad, bread	15 Black bean and sweet potato quesadillas , fruit	16 Homemade pizza , fruit
17 Baked sausage , pasta, zucchini	18 Slow cooker black bean chili , salad	19 Homemade chicken divan	20 Pasta Bar	21 Copycat Carrabba's chicken soup , salad, bread	22 Spinach feta grilled cheese , fruit	23 Green chile egg bake , fruit, biscuits
24 Ground beef noodle bake , vegetable side	25 Broccoli cheddar soup , salad, bread	26 Skillet lasagna , broccoli	27 Eat Out	28 Taco soup , salad, bread	29 Meatball sandwich , fruit	30 Lemon garlic fish , rice, asparagus