

October 2024 • Monthly Meal Plan

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		1 Brown sugar pork chops , broccoli, potatoes	2 Spaghetti, frozen meatballs, zucchini	3 Tacos, black beans , corn	4 Chunky potato soup , salad, bread	5 Brats, peppers and onions, chips, salad
6 Herb roasted pork loin , rice, vegetable side	7 Sheet pan nachos , corn	8 Honey garlic chicken , rice, broccoli	9 Homemade pizza , fruit	10 Tacos, black beans , corn	11 Slow cooker black bean chili , salad	12 Sandwiches, fruit
13 Buffalo chicken dip , tortilla chips, fruit	14 Broccoli cheddar soup , salad, bread	15 Meatball sandwich , fruit	16 Pasta Bar	17 Tacos, black beans , corn	18 Slow cooker tomato soup , grilled cheese	19 Tangy ranch chicken wings , raw veggies and dip
20 Mississippi pot roast , rice, vegetable side	21 Chicken alfredo roll-ups , broccoli	22 Slow cooker french dip sandwiches , fruit	23 Baked sausage , pasta, zucchini	24 Tacos, black beans , corn	25 Cheese tortellini soup , salad, bread	26 Sandwiches, fruit
27 Buffalo chicken dip , tortilla chips, fruit	28 Copycat Carrabba's chicken soup , salad, bread	29 Spinach feta grilled cheese , fruit	30 Skillet lasagna , broccoli	31 Takeout pizza		