



October

2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	Baked Overnight Pumpkin French Toast ¹
2	Slow Cooker Mango Salsa Chicken ³	Smoky Southwestern Potato and Corn Chowder ⁴	Cheesy Kielbasa Pasta Casserole ⁵	Maple Ginger Beef ⁶	Tuna Chickpea Pita Pocket Sandwich ⁷	Apple Crisp Pancakes ⁸
9	Slow Cooker Philly Cheesesteak Potato Chowder ¹⁰	Honey Lemon Chicken and Potato Skillet ¹¹	Ahi Tuna Rice Bowls ¹²	Pork and Sweet Potato Hash ¹³	Creamy Chipotle and Italian Sausage Lasagna ¹⁴	Overnight French Toast with Apples, Apricots and Cranberries ¹⁵
16	Beef and Lentil BBQ Sloppy Joes ¹⁷	Cashew and Curry Tilapia Lettuce Wraps ¹⁸	Chicken Bacon Rice Soup ¹⁹	Mexican Shepard's Pie ²⁰	Tater Tot Taco Pizza ²¹	Bacon and Eggs Breakfast Nachos ²²
23	Slow Cooker Italian Chicken Sandwiches ²⁴	Lemon Butter Grouper Fish Tacos ²⁵	BBQ Chilli Cheese Biscuit Casserole ²⁶	Honey Sesame Pork Tenderloin ²⁷	Pepperoni Florentine Pizza ²⁸	Grilled Breakfast Casserole ²⁹
30	Slow Cooker Sweet and Sour Chicken ³¹	1	2	3	4	5

