

# OCTOBER

2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Maple Glazed Apple Crisp Cinnamon Buns
2	3 Crockpot Vegetable Soup	4 Instant Pot Chicken Alfredo Pasta	5 Shepherd's Pie	6 Air Fryer Salmon	7 Creamy Garlic Chicken	8 Fried Apples
9	10 Slow Cooker Beef Barley Soup	11 Instant Pot Sweet and Sour Chicken	12 Chicken Noodle Casserole	13 Cornbread Sloppy Joe Skillet	14 Perogies and Sausage Skillet	15 Banana Nut Bread
16	17 Crockpot Mac and Cheese	18 Instant Pot Italian Chicken Pasta	19 Three Cheese Baked Gnocchi	20 Cheeseburger Soup	21 Chipotle Pork Tenderloin	22 Pumpkin Muffins
23/30	24/31 Easy Spiral Ham Crockpot Turkey Breast	25 Beef Enchiladas	26 White Chicken Chili	27 French Onion Soup	28 Instant Pot Chicken and Noodles	29 Air Fryer Bacon