

OCTOBER

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Crockpot Chicken Stew	3 Beef Enchiladas	4 Mississippi Pot Roast	5 Lasagna Roll Ups	6 Pork Katsu	7 Cinnamon Roll Bites
8	9 Slow Cooker Zuppa Toscana	10 Spinach Ricotta Stuffed Peppers	11 Instant Pot Whole Chicken Recipe	12 Tuna Casserole	13 Sun Dried Tomato Spinach Orzo	14 Banana Pancakes
15	16 Slow Cooker Cheeseburger Soup	17 Chicken Taquitos	18 Ground Beef Casserole	19 Easy Turkey Meatloaf	20 Pizza Toast	21 Tater Tot Breakfast Casserole
22	23 Slow Cooker Spaghetti Suace	24 Ham and Bean Soup	25 Ditalini Pasta with Bacon and Peas	26 Instant Pot French Dip	27 Baked Gnocchi with Sausage	28 Pumpkin Muffins
29	30 Slow Cooker Pineapple Pulled Pork	31 Instant Pot Vegetable Soup				