

OCTOBER MEAL PLANNER



	Week 1	Week 2	Week 3	Week 4
SUNDAY	Roasted Chicken, honey glazed carrots, pan fried squash, and Caesar salad	Shepherd's Pie, Swiss chard salad with dried apricots, steamed peas	Philly Cheesesteak Stuffed Bell Peppers, Fruit Salad, Steamed Broccoli	Roasted Chicken, couscous, roasted sweet potatoes, steamed broccoli
MONDAY	Baked Lasagna Spaghetti Squash; Spinach salad with Balsamic Vinaigrette,	Cinnamon Roll Oatmeal, Green Berry Smoothie	Carrot Cake Pancakes, scrambled eggs, sliced oranges and bananas	Roasted Shrimp & Broccoli, brown rice, miso soup
TUESDAY	Chicken Tortilla Soup Chili Fruit Plate	Beef Enchilada Bake, Black Beans	Leftovers	Sweet & Red Potato Hash with Smoked Salmon, Kale salad with citrus vinaigrette
WEDNESDAY	Sweet potato and lentil chili, cornbread	Parmesan Garlic Chicken Steamed Broccoli, Cheesy Rice	Pad Thai with shrimp, pickled cucumbers and carrots	Homemade Mac & Cheese, Spinach Salad with Dried Cranberries and Warm Bacon Dressing
THURSDAY	Leftovers	Leftovers	Bacon Wrapped Egg Spinach Muffins, Sliced Pears	Leftovers
FRIDAY	Mediterranean Flatbread with feta, spinach, olives, sliced salad peppers, Caesar salad	Chicken, black beans, and rice burritos, guacamole and tortilla chips	BBQ Cheddar Meatloaf, roasted herb potatoes,	Garlic Chicken Flatbread with tomatoes, mushrooms, and bell peppers; fresh veggies with hummus
SATURDAY	Baked potatoes with leftover chili, fresh cut veggies with chickpea hummus	Potato and Leek Soup, grilled cheese sandwiches	Meatloaf sandwiches, sliced pears,	Mummy Cheese Pizzas Fresh Veggies & Hummus