

MONTHLY MEAL PLAN-OCTOBER



- Spaghetti with Salad
- Grinder Sandwiches with Fries/Chips
- Taco Salad
- Smash Burgers and Fries
- Chicken thighs , brussels sprouts, and sweet potatoes
- Philly Cheesesteaks
- Beef Tacos
- Steak, Bakes Potatoes, and Caesar Salad
- Smothered Chicken and Rice with Green Beans
- Blackened Catfish with Wild Rice and Veggies
- Sweet Italian Sausage Tortellini Soup
- Salmon Honey Garlic Rice Bowls
- Skillet Greek Chicken with Rice and Salad
- Meatloaf with Potato Salad and Greens
- BBQ Chicken Pizza
- Beef Stew
- Pot Roast with Potatoes, Carrots, and Cabbage
- Mandarin Chicken with Rice and Egg Rolls
- BBQ Chicken Wings with Corn, Salad, and Roasted Potatoes
- Bang Bang Shrimp with Rice and Veggies
- Ground Beef Mongolian Noodles
- New Orleans Cajun Chicken and Sausage Gumbo
- Breakfast for Dinner
- Garlic Lemon Pasta (Your choice of Protein)
- BLT sandwich with Baked Potato



FROM _10/1_ TO _10/31