

OCTOBER SAMPLE CALENDAR

<p>sunday</p> <p>breakfast for dinner</p> <p>1</p>	<p>monday</p> <p>spaghetti with lentil noodles</p> <p>2</p>	<p>tuesday</p> <p>slow cooker chicken tacos</p> <p>3</p>	<p>wednesday</p> <p>eating out CONCERT!</p> <p>4</p>	<p>thursday</p> <p>chicken stir fry</p> <p>5</p>	<p>friday</p> <p>steak, parsnips + carrots</p> <p>6</p>	<p>saturday</p> <p>enchiladas with leftovers</p> <p>7</p> <p>BAMA v A&M</p>
<p>breakfast casserole</p> <p>8</p>	<p>leftovers</p> <p>9</p>	<p>slow cooker roast + veggies</p> <p>10</p>	<p>leftovers</p> <p>11</p>	<p>greek pasta salad + grilled chicken</p> <p>12</p>	<p>balsamic pork chops + veggies</p> <p>13</p>	<p>grill out with friends</p> <p>14</p> <p>BAMA v ARKANSAS</p>
<p>sausage + potato scramble</p> <p>15</p>	<p>burgers + sweet potato fries with pico de gallo</p> <p>16</p>	<p>loaded potato soup</p> <p>17</p>	<p>leftovers</p> <p>18</p>	<p>broccoli + chicken sheet pan</p> <p>19</p>	<p>stuffed peppers + veggies</p> <p>20</p>	<p>grill out with friends</p> <p>21</p> <p>BAMA v TENNESSEE</p>
<p>soups // anniversary party at gran's</p> <p>22</p>	<p>variety plate</p> <p>23</p>	<p>slow cooker carnitas</p> <p>24</p>	<p>leftovers</p> <p>25</p>	<p>meatloaf muffins + veggies</p> <p>26</p>	<p>chicken + goat cheese pasta</p> <p>27</p>	<p>creole jambalaya</p> <p>28</p> <p>BYE WEEK</p>
<p>eating out MEXICAN!</p> <p>29</p>	<p>beef stew + roasted veggies</p> <p>30</p>	<p>dinner out HALLOWEEN!</p> <p>31</p>				