

October 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Masala Sweet Potato Stew	2 Nixon Chicken	3 Easy Broiled Salmon	4 Vegetarian Chili	5 PIZZA	6 Cioppino with Garlic Sourdough Toast
7 Spaghetti with Quick Marinara	8 5-Taste Spring Salad	9 Meatloaf Muffins	10 Tamari Ginger Mackerel	11 Sloppy Joes	12 PIZZA	13 Tequila Shrimp
14 Steak Wraps with feta and mushrooms	15 4-Cheese Macaroni	16 Chicken Stroganoff	17 Maple Pecan Salmon	18 Reuben Pinto-Burger	19 PIZZA	20 Simple Seafood Medley
21 Beef & Sautéed Vegetable Salad	22 Garlic Ginger Stir Fry	23 Million Dollar Chicken	24 Parmesan-Coated Fish Fillets	25 Spanish Chickpea Stew	26 PIZZA	27 Sitka Baked-Halibut
28 Mom's Best Pot Roast	29 Spicy Pineapple Cole Slaw with Baked Chicken Breast	30 Ginger Chicken	31 Easy Broiled Salmon			