

October 2011

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|---|---|-------------------|--|
| | | | | | | Road trip 1 |
| 2 Mac-N-Cheese Casserole with Broccoli, Mushrooms and Turkey | 3 Greek Salad with Chicken Breast | 4 Sloppy Joe's | 5 Maple Pecan Crusted Salmon | 6 Texas Caviar with Corn Chips | 7 PIZZA | 8 Pesto Shrimp with Feta and Brown Rice |
| 9 Spinach Salad with Chicken Breast | 10 Chicken Enchiladas | 11 Turkey Loaf , New Potatoes and Green Salad | 12 Teriyaki take-out | 13 OUT OF TOWN | 14 OUT OF TOWN | 15 OUT OF TOWN |
| 16 OUT OF TOWN | 17 OUT OF TOWN | 18 Sloppy Joe's | 19 Slow Cooker Beef Stroganoff | 20 LEFTOVERS! | 21 PIZZA | 22 Maple Pecan Salmon, Spinach Salad , Rice |
| 23 Mom's Fried Rice | 24 Pasta with Turkey Kielbasa & Swiss Chard | 25 Tofu with Peanut Sauce & Spinach over Rice Noodles | 26 Easy Broiled Salmon | 27 Spanish Chickpea Stew | 28 PIZZA | 29 Road trip |
| 30 Road trip | 31 Halloween Spaghetti with Quick Marinara | | | | | |