

# October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 Olive oil garlic pasta with apple sauce	2 Black bean soup	3 Hummus platter with cut vegetables and cheese cubes	4 Pineapple and broccoli chicken over rice	5	6
7	8 Alredo basil pasta with fresh tomatoes	9 Chickpea and potato stew	10 Chicken fried rice (or vegetable fried rice)	11 Grilled chicken (or eggplant) with baked potato (side cheese)	12	13
14	15 Pasta with marinara and applesauce	16 Tomato soup with grilled cheese	17 Chicken, black bean and cheese tacos with mexican rice	18 Grilled chicken (or eggplant) with lemon garlic broccoli	19	20
21	22 Macaroni and cheese with apple	23 Coconut vegetable soup	24 Pulled BBQ pork (or mushrooms) with carrots and ranch	25 Chicken stir fry over rice	26	27
28	29 Cheesey baked penne with applesauce	30 Vegetable soup	31 Turkey and cheese (or veggie burger and cheese) roll ups with applesauce	1	2	3
4	5	<b>NOTES</b>				