

# October Meal Plan

	Week #1	Week #2	Week #3	Week #4
MONDAY	Honey Roasted Pumpkin Ravioli	Farfalle w/ Butternut Squash	Sun-Dried Tomato Pasta	Autumnal Harvest Creamy Pasta
TUESDAY	Smothered Burrito	Crispy Tacos	Tamales	Taco Casserole
WEDNESDAY	Chicken Parmesan	Cheesy Chicken Casserole	Chicken Noodle Hold the Soup	Chicken w/ White Beans & Tomatoes
THURSDAY	Eat Out	Eat Out	Eat Out	Eat Out
FRIDAY	Soy & Cola Pork Shoulder	Herb Rubbed Pork w/ Squash & grapes	Carnitas Nachos	Pork Chop w/ Apples & Polenta
SATURDAY	English Muffin Pizza	Steak & Roquefort Pear Salad	Chili Mac	Chicken Marsala
SUNDAY	Apple Chicken Bacon Salad w/ Maple Cider Vinaigrette	Chili & Cornbread	Spaghetti Sauce	Crescent Mummy Dogs