

OCTOBER *twenty thirteen*

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		1 Chicken & Sweet Potato Chowder	2 Breakfast	3 Garlic Pesto Chicken & Tomato Cream Penne	4 Pizza	5
6	7 Hamburger & Vegetable Soup	8 Chicken Chimichangas	9 Cheesy Potato & Sausage Casserole	10 Spaghetti & Mozzarella Grilled Cheese	11 Burgers	12
13	14 Chicken Fried Steak	15 Chicken Pot Pie	16 Sausage & Rice Skillet	17 Ravioli	18 Pizza	19
20	21 John Wayne Casserole	22 Chicken Quesadillas	23 Slow Cooker Ham & Beans	24 Baked Ziti	25 Burgers	26
27	28 The HH's Chili	29 Almond Chicken & Pot Stickers	30 Grilled Halibut & Butternut Squash Soup	31 Tortellini & Alfredo	Pizza	