

October 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Chicken Enchilada Casserole	2 Butternut Squash Agnolotti with Potato Veloute sauce Bacon & rosemary http://bit.ly/18qSFxd	3 Dinner out -5 Guys - middle school fundraiser	4 Roasted Salmon with Kale & Cabbage http://martha.ms/15HAJR5	5 Braised Lamb Shanks with Baked Polenta http://bit.ly/1aJy47G
6 Chicken Pot Pie http://bit.ly/18qJwor	7 Tomato Soup & Grilled & Cheese (Trader Joe's Boxed soup)	8 Turkey Taco Salad	9 Spaghetti & Meatballs	10 Teriyaki Chicken and Rice (Trader Joes Soyaki)	11 Dinner out Pizza	12 Trailblazer Day Bear Scout Andre's favorite fried chicken tenders with Caesar salad
13 Trace's favorite Choucroute au Champagne with Bratwurst http://epi.us/1g1UzIS	14 Pumpkin Soup with Lentils http://bit.ly/1fHgQ12	15 Slow Cooker pork and black beans with fresh salsa http://bit.ly/GzGkxY	16 Skillet chicken with apricots and capers http://martha.ms/15JKpVY	17 Balsamic steak with garlic zucchini http://martha.ms/19U62UP	18 Fish and rice (Whatever is fresh)	19 Lasagna Bolognese http://bit.ly/15JRZ2X
20 Herbed Pork Tenderloin with Lemon Farro & Arugula http://bit.ly/16fgKHU	21 Chicken Noodle Soup http://martha.ms/16Wq13h	22 Shrimp Tacos	23 Vegetable Pad Thai http://martha.ms/GzGIN1	24 Roast Chicken, potatoes and carrots	25 Cod with marinated tomatoes, polenta and sauteed spinach http://bit.ly/16ftsGt	26 Mustardy Pork Chops with Acorn Squash http://bit.ly/16WjQw7
27 Chicken & Dumplings http://bit.ly/1bsFrkR	28 Split Pea Soup	29 Jessica's Birthday!! Have fun while we have Bean & Cheese Burritos	30 Sausage, spinach ricotta manicotti http://bit.ly/1eYs5Rj	31 Happy Halloween! Roast Chicken with 40 cloves of garlic (keep the vampires away) http://bit.ly/GzLitX		