

OCTOBER 2016 - Monthly Meal Plan from PocketChangeGourmet.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Classic Spaghetti and Meatballs , Salad and Cheesy Garlic Bread
2 Stir-Fry Beef Lo Mein with Brown Rice	3 Copycat Chick-fil-A Sandwiches and Oven Fries	4 Make Ahead Sloppy Joes and Pasta Salad	5 Taco Ring	6 Old Fashioned Homemade Pancakes , Fried Eggs and Smoothies	7 Taco Bar with Homemade Queso Cheese Dip	8 Campanelle with Italian Sausage, Peppers and Tomatoes
9 Chicken Pot Pies and Salad	10 Bacon Cheeseburger Casserole and Salad	11 Slow Cooker Garlic Chicken , Mashed Potatoes, Green Beans	12 French Toast Egg-in-a-hole and Fruit Smoothies	13 Chili and Corn Bread	14 Wet Bean Burritos , Chips and Salsa	15 Grilled Steakhouse Chicken Sandwiches , Potato Salad
16 Pepperoni Pizza Ring	17 Ham and Cheese Pockets	18 Meatloaf , Mashed Potatoes and Green Beans	19 Slow Cooker Taco Filling for Tacos, Chips and Salsa	20 Slow Cooker Rotisserie Chicken , Baked Potatoes and Salad	21 Easy Chicken Quesadillas	22 Broccoli and Ham Casserole
23 Bacon Ranch Chicken Strips	24 Pretzel Crust Pizza	25 Beefy Noodle Casserole and Salad	26 Pork Fried Rice and Egg Rolls	27 Honey Hoisin Chicken in Slow Cooker , Rice and Salad	28 Mexican Macaroni and Cheese and Salad	29 Pulled Pork with Rootbeer Sauce and Oven Fries
30 Oven Baked Hamburger Steaks	31 Happy Halloween! Cook up a frightfully fun dinner!				Desserts! - Caramel Apple Nut Bars - Pumpkin Bread	- Mom's Homemade Apple Crisp - Mini Candy Corn Cupcakes