

HEALTHY AND EASY MEALS MENU

October 2017



1 Sunday	2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday	7 Saturday
Chicken Alfredo Pot Pies	Ginger Pumpkin Soup	Bacon and Chicken Quesadilla	Chicken Pasta Skillet	Italian Chicken and Rice Casserole	Pea and Pan Fried Corn Soup	Lemon Pepper Poached Chicken
8 Sunday	9 Monday	10 Tuesday	11 Wednesday	12 Thursday	13 Friday	14 Saturday
Chicken Ranch Salad (GF)	Mini Meatloaf	Swedish Meatballs	Whole Roasted Chicken (GF, DF, EF)	Cowboy Casserole	Lamb Chops (GF, DF, EF)	Boneless Chicken Wings
15 Sunday	16 Monday	17 Tuesday	18 Wednesday	19 Thursday	20 Friday	21 Saturday
Slow Cooker Pumpkin Chili (GF, EF)	Slow Cooker Maple Chicken (GF, EF, DF)	Grilled Maple Pork Chops (GF, DF, EF)	Lemon Tossed Kale with Salmon (GF)	Blackened Chicken Caesar Salad (GF)	Slow Cooker Chicken Noodle Soup (GF)	Stuffed Acorn Squash (GF)
22 Sunday	23 Monday	24 Tuesday	25 Wednesday	26 Thursday	27 Friday	28 Saturday
Crockpot Honey Pork and Apples (GF, DF, EF)	Potato and Corn Chowder (GF, EF)	Slow Cooker Turkey Chili (GF, DF, EF)	One Sheet Chicken and Broccoli (GF, DF, EF)	Crockpot Chicken and Sweet Potatoes (GF, DF, EF)	Cilantro Lime Chicken (GF, DF, EF)	Crockpot Steak Bites (GF, EF)
29 Sunday	30 Monday	31 Tuesday				
Snow Crab Legs (GF)	Italian Sausage Stuffed Peppers	Hearty Turkey Chili (GF, DF, EF)				

GF – Gluten-Free | DF – Dairy-Free | EF – Egg-Free

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