

Oct2019

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SUN	MON	TUE	WED	THU	FRI	SAT	
			1	2	3	4	5
		Slow Cooker Pulled Pork	Instant Pot Coq au Vin With Goat Cheese Mashed Potatoes	Honey Mustard Baked Salmon with green beans	Chicken and broccoli Rabe Stromboli	Healthy Chewy Apple Granola Bars	
	6	7	8	9	10	11	12
x	Split Pea Soup with Farro Grains	Chicken Tinga Tacos	Instant Pot Chili	Ahi Tuna Poke Bowl	Baked pasta with broccoli Rabe and sausage	Pumpkin Oat Pancakes	
	13	14	15	16	17	18	19
x	Kale Pesto Pasta with Arugula, Tomatoes, and Honey-lemon	Chicken Noodle Soup	Mediterranean Sea Bass	Instant Pot- Lentil and Vegetable Curry	Crock Pot Carnitas	Baked French Toast With Apples	
	20	21	22	23	24	25	26
x	Spaghetti with Butternut + Walnut Sauce	Harvest Roast Chicken with Grapes, Olives and	Tofu Ramen Soup	Baked Shrimp Scampi	Chicken Parmesan Ala Caprese Broth	Pumpkin Spice Slow Cooker Oatmeal	
	27	28	29	30	31		
	Pappardelle with Short Rib Ragu- Instant Pot	Buffalo chicken nuggets	Stuffed Cabbage Casserole	Swiss Chard and Potato Soup with Chick peas			

