

October 2016 menu Plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SC = Slow Cooker GF = Gluten-Free	GGF = Gluten & Grain free DF = Dairy Free					1 Black Bean Burger Potato Wedges or Chips & Apple Cranberry Slaw
2 SC Creamy & Cheesy Chicken and Rice	3 Apple Cranberry Walnut Salad	4 Meatball Casserole Salad with Apple Cider Vinaigrette	5 - SC Italian Chicken and Autumn Veggie Soup	6 Autumn Cobb Salad with Smokey Pumpkin Dressing	7 Honey Glaze Salmon Salad w/ Maple Walnut Vinaigrette	8 Cheeseburger Pizza
9 - SC Ham & Bean Soup Cornbread	10 Mexican Chopped Salad	11 Chicken Pot Pie	12 - SC Potato & Corn Chowder	13 Pasta with Tomato Cream Sauce	14 - SC Pumpkin Chili Crackers	15 Favorite Apple Chicken Salad
16 - SC/GGF Cheesy Potato Soup	17 Chicken Mozzarella Pasta Salad with Pomegranate Vinaigrette	18 DIY Pizza Night with Homemade Crust	19 - SC Crockpot Taco Soup	20 Meatloaf Salad with Pumpkin Balsamic Vinaigrette	21 Bang, Bang Shrimp Pasta	22 Chicken Marsala Green Salad
23 - SC Cubed Steak with Gravy Southern Green Beans Mashed Potatoes	24 Persimmon, Pomegranate and Ricotta Salad	25 Loaded Baked Potato and Chicken Casserole	26 - SC Roasted Butternut Squash & Bacon Soup	27 Shredded Chicken Enchilada	28 - SC Pepper Jack Tomato Soup Crackers	29 Tuna Noodle Casserole Green Salad
30 SC Chicken & Dumplings	31 Butternut Squash and Cranberry Quinoa Salad					

Breakfast Options:

- * [Overnight Pumpkin Pie French Toast](#)
- * [Clean Eating Crockpot Overnight Pumpkin Spice Oatmeal](#)
- * [44 Oatmeal Recipes for Fall & Winter](#)

Snack Options:

- * [Scarecrow Crunch](#)
- * [Monster Munch](#)
- * [75 Smoothie Recipes](#)
- * [175+ Snack Options](#)

Lunch Options:

- * [Instant Pot Recipes for Fall](#)
- * [20 Yummy Fall Soups](#)
- * [30 Quick & Easy Lunches](#)
- * [20 Delicious Squash Recipes](#)

Dessert Options:

- * [Caramel Apple Crisp Bites](#)
- * [S'mores Bites](#)
- * [Pumpkin Snickerdoodles](#)
- * [60+ Pie Recipes](#)