

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 30 Minute Sesame Noodles with Chicken & Broccoli
2 Spaghetti & Meatballs Salad 	3 Cheesy Polenta with Roasted Fall Vegetables	4 Black Bean & Corn Quesadillas	5 Leftovers 	6 Pasta with Bacon & Peas	7 Buffalo Chicken Strips French Fries Celery and Carrots	8 BBQ Meatloaf Mashed Sweet Potatoes Corn
9 Butternut Squash Ravioli with Sage Butter Sauce	10 Leftovers 	11 Taco Night! Ground Beef Tacos 	12 Breakfast For Dinner Bacon & Eggs	13 30 Minute Stuffed Shells Green Beans	14 Sloppy Joes French Fries Corn	15 Chicken Pad Thai
16 Roasted Chicken Potato Gratin Roasted Broccoli	17 Spaghetti with Garlic & Oil Salad	18 Chicken Enchilada Cups Corn	19 Leftovers 	20 Tomato Soup with Grilled Cheese Croutons	21 Chicken Nuggets with Hidden Veggies Sweet Potato Fries	22 Tatertot Casserole Peas
23 Bean Tostadas	24 30 Minute Macaroni & Cheese	25 Leftovers 	26 Pasta with Bacon, Spinach & Butternut Squash	27 Cheesy Chicken, Broccoli & Rice Casserole	28 Fish & Chips	29 CrockPot Beef Stew
30 Shepherd's Pie	31 Happy Halloween Mummy Pizza					

october 2016 grocery list

Produce	Grocery	Dairy	Meat & Poultry
2 bunches green onions	3 boxes spaghetti	1, 32 oz shredded cheddar	4 lbs boneless skinless chicken breast
1 knuckle ginger	4, 32 oz chicken stock	butter	6 lbs ground beef
4 heads garlic	2, 28 oz crushed tomatoes	1 gallon milk	2, 16 oz bacon
6 broccoli crowns	3, 28 oz tomato puree	parmesan cheese	1 4-5 lb whole chicken
6 limes	4, 28 oz tomato sauce	18 ct eggs	1 bag frozen cod
2 bags salad mix	2 cans black beans	15 oz ricotta cheese	1, 2 lb stewing beef
1 lb brussels sprouts	2 pkg flour tortillas	8 oz shredded mozzarella	
5 lbs onions	3 boxes pasta of choice	8 oz shredded italian blend	
3 butternut squash	won ton wrappers	1, 8 oz sour cream	
6 jalapeños	taco shells	2, 8 oz sour cream	
4 zucchini	large shell pasta	velveeta	Deli
4 lbs sweet potatoes	1 pkg hamburger buns	1 pkg string cheese	
8 lbs potatoes	rice noodles		
1 pkg sage	fish sauce		
4 roma tomatoes	tamarind concentrate		
2 heads lettuce	1 loaf bread		
bean sprouts	1 can cream of mushroom		
2 lbs carrots	1 pkg tostadas		Bulk & Frozen
1 bunch spinach	1 can cream of chicken soup		cornmeal and pinto beans
1 celery heart	1 pkg english muffins		16 oz cauliflower
			3, 32 oz corn
			1 32 oz peas
			1, 16 oz peas
			1, 10 oz peas and carrots
			1, 16 oz green beans
			tater tots
Freebies	herbs & spices, flour, sugar bread crumbs, condiments, soy sauce, vinegars, olive oil, butter		