

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Spaghetti & Meatballs Salad	2 Slow Cooker Broccoli Cheddar Soup	3 Breakfast for Dinner! Breakfast Burritos	4 Leftovers 	5 Pasta with Bacon & Peas	6 Slow Cooker Pot Roast	7 Cheesy Chicken, Broccoli & Rice Casserole
8 Roasted Chicken Sweet Potatoes	9 20-Minute Macaroni & Cheese	10 Chicken Noodle Casserole	11 Leftovers 	12 Slow Cooker French Onion Soup	13 BBQ Meatloaf Mashed Potatoes	14 Chicken Tenders French Fries
15 Chicken Fettuccine Alfredo with Peas	16 Tomato Soup & Grilled Cheese	17 20-Minute Tacos	18 Leftovers 	19 Slow Cooker Chicken & Dumplings	20 Pizza Pasta Bake Green Beans	21 Shepherd's Pie
22 Slow Cooker Chili	23 Spaghetti with Garlic & Oil Salad	24 Slow Cooker Chicken Fajitas	25 Leftovers 	26 Slow Cooker Teriyaki Chicken & Rice Broccoli	27 Halloween Beaners & Wieners	28 Slow Cooker BBQ Pork Sandwiches Sweet Potato Fries
29 Pasta with Meat Sauce Salad	30 Egg Fried Rice	31 Halloween Mummy Pizzas	1 Leftovers 	2 Slow Cooker Baked Potato Soup	3 Tater Tot Casserole Green Beans	4 Chicken Satay with Rice & Peanut Sauce Broccoli

Groceries

Produce	Grocery	Dairy	Meat & Poultry
5 heads garlic	2, 28 oz crushed tomatoes	2 dozen eggs	1 lb breakfast sausage
basil	3, 28 oz tomato sauce	2, 16 oz cream cheese	2, 16 oz pkg bacon
3 bags salad	1, 28 oz tomato puree	1, 16 oz sour cream	5 lbs chicken breast
10 lbs onions	6, 15 oz cream of chicken	1/2 gallon half & half	1, 4-5 lb chicken
2 heads broccoli	6, 32 oz chicken stock	2, 16 oz shredded mozzarella	7 lbs ground beef
2 lbs carrots	32 oz velveeta	6, 16 oz shredded cheddar	2 lbs chicken thighs
3-4 lbs red potatoes	2 pkgs flour tortilla	parmesan cheese	hot dogs
8oz mushrooms	1 box bowtie pasta	1, 8 oz heavy cream	1, 3-4 lb pork loin
poultry blend	4, 32 oz beef broth	1, 15 oz ricotta	1, 4 lb chuck roast
8 lbs sweet potatoes	3 boxes spaghetti	1 can biscuits	pepperoni
3 zucchini	BBQ sauce	queso fresco	Deli
15 lbs russet potatoes	ritz	string cheese	1/4 lb american cheese
1 head romaine lettuce	2, 15 oz tomato soup		
3 roma tomatoes	taco shells		
5 green bell peppers	2, 15 oz petite dice tomatoes		
3 celery hearts	2, 8 oz tomato sauce		
1 poblano	1 loaf bread	Misc.	Bulk & Frozen
1 jalapeno	1 french baguette	skewers	2 lbs rice
1 red bell pepper	red curry paste	frying oil	3, 16 oz peas
2 bunches green onions	1 box penne	red wine	3, 16 oz broccoli
1 bunch cilantro	1 box fettuccine	chipotle in adobo	1, 16 oz mixed veggies
3 bunches parsley	1, 15 oz black beans		4, 10 oz peas and carrots
	1, 15 oz kidney beans		3, 16 oz corn
	1, 24 oz baked beans		2, 16 oz green beans
	buns		3 lbs tater tots
	english muffins		
	1, 15 oz cream mushroom		
	3, 15 oz coconut milk		
	1, 16 oz egg noodles		
Freebies	herbs & spices, flour, sugars, bread crumbs, condiments, soy sauce, vinegars, olive oil, butter and milk		