

OCTOBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Lunch: Peanut butter & Jam Sandwiches & fruit Supper: Pork Roast, Potatoes & Mixed Vegetables	2 Lunch: Leftovers Supper: Hamburgers, potatoes & creamed corn
3 Lunch: Sandwiches & Vegetables Supper: Beef Gratin	4 Lunch: Noodle Soup & Fruit Supper: BBQ Chicken Breast, potatoes & veggies	5 Lunch: Macaroni & Cheese & Vegetables Supper: Slow Cooker Beef & Barley Soup	6 Lunch: Leftovers Supper: BBQ Pork Chop Casserole	7 Lunch: Grilled Cheese Sand & Fruit Supper: Sloppy Joes, French Fries, Cut up Vegetables	8 Lunch: Peanut Butter & Jam San & Fuit Supper: Slow Cooker Chicken Fajitas	9 Lunch: Macaroni & Cheese & cut up vegetables Supper: Ground Beef Quesadillas
10 Lunch: Tomato Soup & Cheese Supper: Creamy Pesto Chicken	11 <i>Thanksgiving</i> Lunch: Noodle Soup & Cheese Buns Supper: Thanksgiving Dinner	12 Lunch: Leftovers Supper: Baked Spagetti	13 Lunch: Grilled Cheese Sand. & Fruit Supper: Herb Salmon Steaks	14 Lunch: Macaroni & Cheese & Vegetables Supper: Mediterranean Beef & Pasta Bake	15 Lunch: Peanut butter & Jam Sand & fruit Supper: Leftover Turkey Shepherds Pie	16 Lunch: Scrambled Eggs & Fruit Supper: Chinese Pork Chops
17 Lunch: Leftovers Supper: Ham, potatoes, vegetables	18 Lunch: Sandwiches & Vegetables Supper: Dijon Chicken & Veggie Bundles	19 Lunch: Tomato Soup & Cheese Buns Supper: Sloppy Joes	20 Lunch: Grilled Cheese & Vegetables Supper: Pepper Steak	21 Lunch: Macaroni & Cheese & Fruit Supper: Crock Creamy Ham & Potatoes	22 Lunch: Leftovers Supper: Baked Chicken, Rice & Vegetable	23 Lunch: Sandwiches & vegetables Supper: Hamburgers, potatoes & peas
24 Lunch: Noodle Soup & Cheese buns Supper: Roast with Vegetables	25 Lunch: Macaroni & Cheese & Vegetables Supper: Cowboy Chicken, Potatoes, Corn	26 Lunch: Noodle Soup & Cheese Buns Supper: Beef Picadillo	27 Lunch: Sandwiches Supper: BBQ Pulled Pork Sandwiches	28 Lunch: Peanut butter & Jam & Vegetables Supper: Hashbrown Pizza	29 Lunch: Tomato Soup & Cheese Buns Supper: Cheesy Chicken Noodle Skillet	30 Lunch: Grilled Cheese Sand & Fruit Supper: Easy Lasagne
31 <i>Halloween</i> Lunch: Sandwiches Supper: Cheeseburger Bake						