

freezer meals prepped and delivered.

MONTHLY DINNER PLAN

M 0 N T H: October 2023

Sunday Dinner	Υ —	Teriyaki Chicken + Rice		Cheesy Ham and Potato and Soup		Sausage Alfredo Pasta	A Y -	Chicken Noodle So		BBQ Pork Sandwiche		— SATURDA Date Nigh	
	1		2		3		4		5		6		7
Sunday Dinner		Beef Stew	,	YOUR CHOICE		White Bea Chicken Chili	n	Philly Sandwiche	s	Italian Wedding Soup		Date Nigh	t
	8		9		10		11		12		13		14
Sunday Dinner		Tuscan Chicken Pasta		Pasta E Fagioli		Hawaiian Haystacks Rice	+	Chicken Tortilla Sou	ıp	Pizza Pas Calzones	ta	Date Nigh	t
	15		16		17		18		19		20		21
Sunday Dinner		Chicken and Gnocchi Soup		Sweet Chicken Tacos		Homestyle Chili	;	Green Chil Mac n' Cheese	i	Tuscan White Bea Soup	ın	Date Nigh	t
	22		23		24		25		26		27		28
Sunday Dinner		Chicken Tortilla So	up	YOUR CHOICE									
	29		30		31								

	F	R	Ε	Ε	Ζ	Ε	R	Μ	Ε	Α	L	S	
--	---	---	---	---	---	---	---	---	---	---	---	---	--

- Chicken Tortilla Soup
- Hawaiian Haystacks
- Sweet Chicken Tacos
- Teriyaki Chicken Stir-Fry
- Tuscan Chicken

- Green Chili Mac n' Cheese
- Sausage Alfredo
- BBQ Pork
- Pizza Pasta
- Philly Cheesesteak

NOTES We're using a combination of our
Family Style and Soup menus this
month.