

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3 Teriyaki Chicken Fried Rice Dinner: Meatloaf	4 Chicken & Tuna Wraps Dinner: Chicken Alfredo	5 Tri Tip Dinner: Shrimp & Grits	6 Mediterranean Dinner: Empanadas	7 Burgers & Wings Dinner: *Chicken Mole Verde	8 Bibimbap Dinner: Fish Tacos	9 French Toast Breakfast Dinner: Chicken Dinner
10 Rosemary Chicken w/Pilaf Rice Dinner: Spaghetti & Meatballs	11 Pork Loin w/Mash Dinner: Sloppy Joes	12 Asada Burritos Dinner: TBD	13 Chicken Masala (Indian) Dinner: Chili Mac	14 Baked Ziti Dinner: *Chicken Burrito	15 Southwest Chicken Wrap Dinner: Salisbury Steak	16 Chicken Tacos Dinner: Jambalaya
17 Cajun Pasta Dinner: Beef Stew	18 Sandwiches Dinner: Teriyaki Chicken w/Rice and Broccoli	19 Thai Curry w/Chicken Skewers Dinner: *Pork Pozole	20 Mexican Marinated Chicken w/Rice and Beans Dinner: Pulled Pork Sliders w/Mac	21 Chicken Parm Sandwiches Dinner: Loco Moco	22 Tri Tip Salad Dinner: Chili Verde	23 Breakfast Burrito Dinner: Shrimp Alfredo
24 Meatloaf w/Mash Dinner: Turkey Sausage Primavera	25 Vietnamese Pork Loin and Rice Dinner: *Carnitas	26 Beef Stroganoff Dinner: Asada Tacos	27 Bo Luc Lac w/Garlic Noodles Dinner: Bacon Burger	28 Beef Enchiladas Dinner: Stuffed Bell Peppers	29 Caesar Chicken Wrap Dinner: Havana Chicken Bowl	30 Teriyaki Chicken Fried Rice Dinner: Shrimp Pasta w pink sauce
Dec 1st Vietnamese Pork Loin w/Rice Dinner: Chili w/Baked Potato	2 Fajitas Dinner: Spaghetti & Meatballs	3 BBQ Chicken and Ribs Dinner: Thai Basil Beef Bowls	4 Burgers and Wings Dinner: Shepherd's Pie	5 Lasagna w/Garlic Bread and Salad Dinner: Chicken Pancit	6 Chicken Curry w/Coconut rice and Veggies Dinner: Swait Fish w/veggies and Rice	7 Chicken Marsala w/Rigatoni Dinner: Carne Asada Burrito