Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28 **Pork Loin w/Mash** Dinner: Shepherds Pie	29 **Chicken Alfredo** Dinner: **Shrimp Fried Rice	30 **Asada Burritos** Dinner: Salmon Cakes	Oct 1st **Chicken Parm** Dinner: Carb-less Burger Wrap	2 **Spicy Thai Basil Chicken** Dinner: Beef Enchiladas	3 **Chicken Marsala** Dinner: Meatloaf w/Mash	4 **Carne Asada Tacos** Dinner: Chili Rice
5 **Rosemary Chicken w/Pilaf Rice** Dinner: Spaghetti & Meatballs	6 **Teriyaki Fried Rice** Dinner: Salisbury Steak	7 ***Chicken Enchiladas** Dinner: Korean BBQ Pork	8 **Jerk Chicken w/Coconut Rice** Dinner: Sloppy Joes	9 **Burger & Wings** Dinner: Fish Tacos	10 **Caesar Chicken Wrap** Dinner: Pork Loin w/Mash	11 **Breakfast Burrito** Dinner: Pulled Pork Sliders
12 **Vietnamese Pork Loin and Rice** Dinner: Chicken Piccata w/Pasta	13 **Chicken Breast w/Garlic Noodles** Dinner: Shepheard's Pie	14 **Sandwiches** Dinner: Chili Mac	15 **Chicken w/Mushrooms Sauce and Mash** Dinner: Carb-less Burger Wrap	16 **Baked Ziti** Dinner: Lasagna	17 **Chinese Char Siu Pork w/Rice** Dinner: Chili Verde	18 **Asada Burrito** Dinner: Meatloaf w/Mash
19 **Chicken & Tuna Salad Wraps** Dinner: Chicken Alfredo	20 **Philly Cheese Steaks** Dinner: Chicken Tacos	21 **Teriyaki Chicken w/Fried Rice** Dinner: **Albondigas	22 **Chicken Masala** Dinner: Chicken Parm	23 **Burgers and Wings** Dinner: Pork Loin w/Mash	24 **Southwest Chicken Wrap** Dinner: Pulled Pork and Mac	25 **Shrimp Pasta w/Pink Sauce** Dinner: Salisbury Steak w/Mash
26 **Fajitas** Dinner: Spaghetti & Meatballs	27 **Cajun Pasta** Dinner: Chicken Dinner	28 **BBQ Ribs & Chicken** Dinner: Teriyaki chicken w/rice and Broccoli	29 ***Thai Basil Chicken** Dinner: Chili w/Baked Potato	30 **Lasagna** Dinner: Bacon Burger	31 **Ham/Swiss Sliders w/Mac** Dinner: Teriyaki Beef Fried Rice	Nov 1st **Breakfast Burrito** Dinner: Chili w/Baked Potato