

OCTOBER 2005

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|---|--|--|--|---|--|---|
| | | | | | | 1 Atkins Meatloaf, vegetable, salad (thaw 6 breasts) |
| 2 Steak, sauteed mushrooms, vegetable, salad Meatloaf Patty Melt, Salad | 3 Fajita Salad, Cilantro Pepita Sauce Swiss Onion Quiche (thaw 1 1/2lb. chick. tenders, marinate chicken) | 4 Leftovers (thaw 2 lb. burger) | 5 Leftovers Crunchy Parmesan Chicken Tenders, Coleslaw | 6 Tuna Patties, Salad | 7 Roasted Chicken & Radish Medley, salad (thaw brisket) | 8 Easy Corned Beef & Cabbage (thaw frozen beans, 3 breasts) |
| 9 Houston Chicken, salad, Green Beans with Bacon & Mushrooms Ham & Pepperjack Quiche | 10 Oven-Smoked Brisket, UnPotato Salad, Salad (hardboil 4 eggs) | 11 Leftovers (thaw fish, 3 chick. breasts) | 12 Broiled Tilapia Parmesan, Broccoli, salad Hot Dog Scramble (thaw 1 1/2lb. burger) | 13 Parmesan Chicken, salad | 14 Stuffed Vegetables, Salad, Impossibly Easy Cheesecake | 15 Leftovers Broccoli Quiche Maple Pecan Scones (thaw 2lb. fish, 2lb burger) |
| 16 Pork Rind Pizza, Salad Yummy Pancakes (make Freezer Slaw) | 17 Taco Salad Fish Cakes, Freezer Slaw | 18 Leftovers (thaw 1 cup chick. broth, 4 c. diced chicken) | 19 Leftovers | 20 Chicken Chow Mein with Almonds Salmon Patties with Newburg Sauce | 21 Chile Relleno Casserole, Bruce's Coleslaw Tuna Quiche with Dill (thaw pork chops) | 22 Leftovers, Raspberry Ripple Fool Broccoli Crunch Salad with Ham (thaw 2 breasts, 4 c. diced chicken) |
| 23 Apple Glazed Pork Chops, Squash Casserole, salad Chicken Caesar Salad (thaw 1lb. pork sausage) | 24 Mushroom, Chicken & Sausage Casserole, salad (thaw 2lb. burger) | 25 Leftovers | 26 Basic Chili, salad Turkey Burgers with Mushroom Sauce (thaw 2lb. breasts) | 27 Leftovers Bacon & Swiss Quiche Cinnamon Walnut Scones (thaw 6c. chick. broth, 2 c. dice chicken) | 28 General Chicken over lettuce, Spinach Egg Drop Soup (thaw steak, 2c. chick. broth, Freezer Slaw) | 29 Chicken Waldorf Salad, UnPotato Salad, Freezer Slaw (hard boil 4 eggs) |
| 30 Steak, Sauteed Mushrooms, Laurie's Spinach Salad Cinnamon Crumb Coffee Cake | 31 Tuna "Rice" Casserole, salad (thaw 1lb. pork sausage) | | | | | |