



POSITIVELY STACEY - A FULL MONTH OF DINNER IDEAS



OCTOBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Cheeseburgers, Potato Wedges Salad	2 Extra Cheesy Stuffed Shells	3 Tilapia and Mixed Veggie Rice	4 Rotisserie Chicken, Green Beans, Salad	5 Joe's Special	6 Turkey Chili	7 Baked Penne with Roasted Vegetables
8 Meatloaf, Garlic Mashed Potatoes, and Peas (Make enough meatloaf for two meals and meatballs)	9 Vegetable Soup	10 Salmon and Cauliflower Fried Rice	11 Meatloaf Sandwiches and Salad	12 Chicken Thighs, Chili Beans, and Salad	13 Beef Goulash	14 BBQ Pizza
15 Chicken and Barley Soup	16 Italian White Beans with Kale	17 Grilled Red Bell Peppers	18 Taco Salad	19 Pancetta and Cream Pasta Salad	20 Cajun Flounder Fillets, red beans, rice, broccoli	21 Slow Cooker Beef Stew
22 Chicken Tenders Parmesan	23 Tomato and Rice Soup	24 Swedish Meatballs with noodles	25 Tuna Melts and Green Beans	26 Sweet potato, bacon and egg skillet	27 Mahi Mahi Burgers	28 Steak, Sautéed Mushrooms, and Spiralized Zucchini
29 Pork Roast, Mashed Potatoes, and Corn (Shred 2.5 cups of pork for Wednesday)	30 Vegetable Frittata	31 Mummy Wrapped Hot Dogs and Withches Brew Pea Soup				
Notes:						
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