

# 2021 October

sunday	monday	tuesday	wednesday	thursday	friday	saturday
september 2021 su m t w th f sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	november 2021 su m t w th f sa 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30					
<u>Out:</u> Lardo Sandwich 3	Calzones @ Jackie's 4	STUFFED Shells + Mushrooms 5	Leftovers: STUFFED Shells + 1 Mushroom 6	Kimchi Fried Rice + Bao Bao 7	Leftovers: Ribs + Broccoli 1	<u>Out:</u> Pine Street Market Ramen! 2
Taco Tortilla 10	<u>Meatless:</u> Leek + Potatoe Soup 11 <small>canadian thanksgiving</small>	Red Curry w/ Chicken 12	<u>Out:</u> Mio Sushi 13	leftovers: Curry 14	<u>meatless</u> Mushroom rigatoni + green beans 15 <small>boss's day observed</small>	<u>leftovers:</u> soup + green beans 16 <small>sweetest day boss's day</small>
pan salmon + brussel sprouts + fingerling potatoes 17	<u>Meatless/leftovers</u> mushroom rigatoni 18	<u>Meatless</u> sriracha cauliflower wings + fries 19	Turkey Chili 20	Pesto Pasta + Parm chicken 21	Quesadillas 22	Frittata <u>Leftovers:</u> Lasagna + Pesto Pasta 23
<u>Out</u> LUC Loe (Vidamore) 24	Pork chops + Baked zucchini + Potatoes 25	Buttered Nudes + Steamed Veggies 26	steak + oiled broccoli 27	Pesto Pasta + parm chicken 28	<u>meatless</u> family style to fu + eggs w/ tomatoes 29	<u>Out</u> Donburri Japanese 30
<u>Out</u> Chipotle halloween 31						

Meal Ideas:

- Mac & cheese
- Fajitas / quesadillas
- Curry
- Orzo / couscous
- Pad Thai + spring rolls
- Frittata
- Stuffed Peppers / mushroom
- Turkey Chili
- Kimchi fried rice
- Stuffed shells

Origami  
 Garlic knots  
 Garlic parsnip Brussels sprouts

leftovers

Out

meatless

notes & such

DO SOMETHING CREATIVE EVERY DAY