## actober

sunday  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	monday  november 2021  su m t w th f sa	tuesday	wednesday	thursday	friday Left overs: Ribs + Broasli	saturday Out: Pine street Market Ramen. 2	-01 -P
26 27 28 29 30  Out:  Lardo Sandwith  3	28 29 30 Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q Q	STUFFED Shells + Mushrooms 5	STUFFED Shells + Mushroom	Kimchi Fried Rice 4 Buo Bao 7	State of Salad 8	Left overs: Stuffed Peppers + Mixed Vegtably 9	On Go
Taco Tortilla 10	Meatless: Leek+ Potodoe Soup canadian thanksgiving	Red Curry  by  Chicken 12	Out: Mio Sushi  13	leftovers; Curry	meatless Mushroom rigatoni + green beans bossis day observed 15	leftovers: Soup + green beans sweetest day boss's day  16	Ic Ic
pan Salmon + brussel sprout s + fingerling parables 17	Meatless/leftovers mush room rightoni 18	Meatless Srivacha Cauliflower vings fries 19	Turkey Chilli 20	Pesto Pasta t Parm chicken 21	Quesadillas 22	Lef-laturs: Losangen + Pesto Pasta 23	
Out Luc lac (Vidanaria) Out Chipatle 31	Pork Chops  Baked zuccini  Potatocs  25	Buttered Nudes t Steamedel Veggles 26	steak t oiled broccoli 27	Pesto Pasta + Parm Chicken 28	to full to full eggs w/ tomatoes	Out Donburi Japanese 30	

Meal Ideas:

- Mac 8 cheese

- Fostitas/quesadillas

- curry

- Orzo / conscous

- Pad that + spring rolls

- Frittate

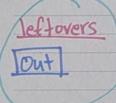
- stuffed Peppers/mushoormy

- Tarkey Chili

- Kimich: fried rice

- staffed shells

Onigiri Garlic Paran Brascol sprauls



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