

2022

# september

sunday

monday

tuesday

wednesday

thursday

friday

saturday

august 2022

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 31

october 2022

su m t w th f sa  
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 31

Out

Swaggat

4

labor day

leftovers

Swaggat

5

Beef  
Nachos

6

Mushroom  
Rigatoni

7

Leftovers

Nachos

8

Kimchi  
Jjigae

1

Balsamic  
Mac n' Cheese

2

leftovers

Balsamic  
Mac n' Cheese

3

Leftovers

Mushroom  
Rigatoni

10

Sweet  
Potato  
chili

grandparents day  
patriot day

11

Out

Gyro  
House

12

Pizza

13

Pasta  
w/  
Buttered  
Tomatoes

14

Fish  
Tacos

15

Spaghetti  
+  
meatballs

16

Out

Hibachi

17

Pelmeni

18

frozen  
chicken  
tenders

respect for the aged  
day (japan)

19

breaded  
pork cutlet  
+  
Kimchi slaw

20

Caiflower  
wings

international day  
of peace

21

Out

Duck  
House

autumnal equinox

22

tofu  
canned  
tikka  
masala

23

Paneer  
pizza

24

leftovers

Duck  
House

rosh hashanah  
begins at sundown

25

Shrimp  
platter

26

Steak-  
NY Strip

27

Out

Bangkok  
Palace

28

Steak  
Lettucine  
alfredo

29

leftovers

Thai

30

Out  
leftovers

Very

DO SOMETHING CREATIVE EVERY DAY®

notes & such