

# October 2011

| Sunday | Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday |
|--------|--|--|---|--|---|----------|
|        |  |  |   |  |   | 1        |
| 2      | 3<br><a href="#">Blueberry Clafouti</a><br>Salmon Pasta Salad<br>Roast Chicken                                 | 4<br><a href="#">Banana Muffins</a><br><a href="#">Lemony Lentil Salad with Salmon</a><br>Spaghetti                        | 5<br>Breakfast Apple Crisp<br><a href="#">Broccoli &amp; Bean Soup</a><br>Paprika Chicken         | 6<br><a href="#">Bircher Muesli</a><br>Homemade Paninis<br>Moroccan Beef Stew  | 7<br>Homemade Granola<br>Pasta Fagioli<br><a href="#">Pumpkin Bowl with Veggies &amp; Sausage</a> | 8        |
| 9      | 10<br>Canadian Thanksgiving  | 11<br><a href="#">Blueberry Clafouti</a><br>Turkey Hoagies<br>Turkey Soup with Parsley Dumplings                           | 12<br>Breakfast Apple Crisp<br>Garden Veg. Soup<br><a href="#">Beef &amp; Bean Chili Verde</a>    | 13<br><a href="#">Bircher Muesli</a><br><a href="#">Salmon Salad Sand.</a><br><a href="#">Parmesan-Crusted Chicken Tenders</a> | 14<br>Homemade Granola<br>Tortilla Soup<br><a href="#">Tortellini Primavera</a>                   | 15       |
| 16     | 17<br><a href="#">Blueberry Clafouti</a><br>Chicken Noodle Soup<br><a href="#">Cod with Tomato Cream Sauce</a> | 18<br><a href="#">Pear-Oatmeal Muffins</a><br><a href="#">Ravioli Soup</a><br><a href="#">Tortellini with Squash Sauce</a> | 19<br>Breakfast Apple Crisp<br>Grilled Tom. & Cheese<br><a href="#">Italian-Seasoned Stir Fry</a> | 20<br><a href="#">Bircher Muesli</a><br>Taco Soup<br>Veggie Chili  | 21<br>Homemade Granola<br>Egg Salad Sandwich<br><a href="#">No-Bake Mac&amp;Cheese</a>            | 22       |
| 23     | 24<br><a href="#">Blueberry Clafouti</a><br><a href="#">Broccoli &amp; Bean Soup</a><br>Chicken & Salsa        | 25<br><a href="#">Banana Muffins</a><br>Chicken Hoagies<br>Meatloaf  | 26<br>Breakfast Apple Crisp<br>Garden Veg. Soup<br>Chicken Enchiladas                             | 27<br><a href="#">Bircher Muesli</a><br><a href="#">Salmon Salad Sand.</a><br>Ginger Beef                                      | 28<br>Homemade Granola<br>Pasta Fagioli<br>Homemade Pizza   | 29       |
| 30     | 31<br><a href="#">Blueberry Clafouti</a><br>Chicken Noodle Soup<br>Pesto Salmon                                |  |   |  |   |          |