

OCTOBER

WHAT'S FOR DINNER

OUR FAMILY TABLE / 2026

MON	TUE	WED	THU	FRI	SAT	SUN
			1 Butternut squash pasta	2 Orange chicken	3 Blackened salmon & veggies	4 Marry Me chicken & potatoes
5 Roasted tomato soup	6 Taco Tuesday	7 Crockpot pumpkin chicken	8 Lasagna	9 Middle Eastern wraps	10 Lemon garlic fish & veggies	11 Pork shoulder
12 Roasted butternut squash soup	13 Enchiladas	14 Crockpot short ribs	15 Creamy garlic chicken pasta	16 Asian sticky meatballs	17 Miso salmon & greens	18 Cider-braised chicken
19 White bean chili	20 Steak quesadillas	21 Stuffed peppers	22 Spaghetti alla vodka	23 Mini kofta	24 Fish & chips	25 Beef stew & potatoes
26 Potato leek soup	27 Taco salad	28 Crockpot hamburger helper	29 Stuffed shells	30 Homemade pizza	31 Spicy shrimp & greens	

A plan for the nights we eat at home, not a promise to cook every night.

If I am tired, we choose leftovers, takeout, or a simpler night.

MON soups | TUE Mexican | WED crockpot | THU pasta | FRI Asian/Middle Eastern | SAT fish | SUN favorites