

October 2020



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
4	5 snack: smoothie Lunch: Lentils and rice	6 Snack: smoothie Lunch: oven-roasted chicken	7 snack: smoothie Lunch: Garbanzo burgers with rice and veg.	8 Snack: smoothie Lunch: Pasta Arrabiata	9 Snack: smoothie Lunch: Pizza	10
11	12 snack: smoothie Lunch: white beans in tomato sauce	13 Snack: smoothie Lunch: Chicken stew	14 Snack: smoothie Lunch: matasquita with turkey meat	15 Snack: smoothie Lunch: pasta allá marinara	16 Snack: smoothie Lunch: quesadillas	17
18	19 Snack: smoothie Lunch: split peas and rice	20 Snack: smoothie Lunch: arroz chaufa de pollo	21 Snack: smoothie Lunch: southwestern salad	22 snack : smoothie Lunch: al pesto	23 Snack: smoothie Lunch: tacos	24
25	26 Snack: smoothie Lunch: quinoa stew	27 Snack: smoothie Lunch: cau cau de pollo	28 Snack: smoothie Lunch: garbanzo salad	29 Snack: smoothie Lunch: pasta allá carbonara	30 Snack: smoothie Lunch: salchipapa	31
1	2 snack: smoothie lunch: Dal	3 Snack: smoothie Lunch: saltado de pollo	4 snack: smoothie Lunch: TBD	5 Snack: smoothie Lunch: pasta al sugo di carciofo	6 Snack: smoothie Lunch: Lasagna	7

notes

31st Halloween party

November 2nd day of the dead celebration