



The Sassy Slow Cooker Easy Menu Plan

“Spending my days out of the kitchen.”

October 2015

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
"Food is symbolic of love when words are inadequate." — Alan D. Wolfelt				1	2	3
				Potato Soup Dinner Rolls	Balsamic Beef Roast Baked Potatoes	Leftovers Pumpkin Pie Oatmeal
4	5	6	7	8	9	10
Tomato Basil Parmesan Soup Grilled Cheese Sandwiches	Beefy Wholesome Soup with Pasta	Ravioli Garlic Bread	Spicy Chicken Rice	Beef Burgundy Pasta	Pumpkin Chili Corn Bread	Leftovers Little Smokies
11	12	13	14	15	16	17
Salsa Chicken Spanish Rice	Shrimp Alfredo Caesar Salad	Cream Cheese Chicken Pasta Hand Toss Salad	Ground Meat Goulash Garden Salad	Beef Stew Green Salad	Grape Jelly Meatballs Green Beans	Leftovers Caramel Pumpkin Cake
18	19	20	21	22	23	24
Zuppa Toscana Crusty Bread	Bourbon Chicken Green Beans	Spaghetti Pie Garlic Bread	Sausage Gravy Biscuits	Stout Chicken Stew Rice	Pot Roast Beef Mashed Red Potatoes	Leftovers Apple Crumble
25	26	27	28	29	30	31
Pumpkin Soup Broccoli Salad	Chicken Wings Potato Wedges	Vegetable Minestrone Soup Crusty Bread	Cheesy Ranch Chicken Green Salad	Bean Burritos Tortilla	Sesame Beef Rice	Leftovers Turtle Brownie