

# OCTOBER 2004

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
					1 Chicken Enchilada Pie, Salad with El Torito Dressing  (thaw 6 bacon, roast chiles)	2 Leftovers  <a href="#">Shirred Eggs, Jalapeno Poppers</a>  (thaw 4 bacon, 2lb burger)
3 Roast Meatloaf, Hot Dijon "Potato" Salad, Salad  (thaw 2 cups broth)	4 Leftovers  <a href="#">Cream of Celery Soup</a>  (thaw 2 cup broth, 4 cups diced chicken)	5 Chicken Divan, Salad  <a href="#">Sausage Quiche</a>  (thaw 1lb burger, 1lb Italian sausage)	6 Leftovers  (thaw 10oz. spinach)	7 Spinach Lasagna Vari- ation, Salad  (make low carb Kahlua, thaw freezer slaw, 8 breasts)	8 Leftovers  <a href="#">Garden Chicken Salad, Freezer Slaw</a>  (grill chicken)	9 Chicken Fajita Salad, Gaucamole, Mex. Hot Sauce, Tiramisu  (marinate chicken)
10 Leftovers  <a href="#">Tijuana Quiche</a>  (thaw 1lb burger)	11 Leftovers  <a href="#">Egg Salad II</a>  (thaw 10 oz spinach)	12 Mexican Spinach & Hamburger Casserole, Salad  (thaw 8 chicken thighs)	13 Leftovers	14 Seoul Chicken, Sauteed Zucchini, Salad  (make ranch dressing)	15 Chinese Fried "Rice" (using leftover Seoul Chicken), Salad  (thaw 3 breasts, 8 oz. bacon, boil 2 eggs)	16 Leftovers  <a href="#">Crustless Broccoli Ba- con Pie</a> <a href="#">BLT Chicken Salad w/ Avocado Ranch Dress- ing</a> (thaw 1lb burger)
17 Sloppy Joe Stuffed Peppers, Salad  (thaw 4 cups diced chicken)	18 Leftovers	19 Green Enchilada Chicken Casserole, Salad	20 Leftovers  (thaw 1lb Italian sausage and pizza sauce)	21 Deep Dish Pizza, Salad  <a href="#">Mushroom &amp; Onion Quiche</a> (thaw 1 breast, 1lb burger, 1 cup broth)	22 Hamburger Gravy & Mashed "Potatoes", Salad  (grill breast, boil 1 egg)	23 Leftovers, Josie's Creamy Egg Custard  <a href="#">Maurice Salad</a>  (boil 4 eggs)
24 Houston Chicken, He- len's "Potato" Salad, Salad  (thaw 1lb burger)	25 Green Enchilada Bake, Salad	26 Leftovers  (thaw beef roast and bacon)	27 Leftovers  <a href="#">Bacon &amp; Swiss Quiche</a>	28 Pot Roast with carrots, Broccoli with Quick Alfredo Sauce, Salad  (thaw 4-6 breasts)	29 Leftovers  (thaw hot dogs, freezer slaw, 1lb burger)	30 Grilled Smothered Chicken, Salad  <a href="#">Coney Island Chili Dogs, Freezer Slaw</a> (thaw 3 breasts, gua- camole)
31 Mexican Flag Salad, Kool-Aid Sherbet						