

November

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						29
		1 Grilled chicken breast, Instant Pot turmeric rice, roasted broccoli and okra	2 Oven roast beef, smashed fingerling potatoes, roasted parmesan green beans	3 Crockpot (leftover chicken) tortilla soup, sour cream, sliced avocado, tortilla chips	4 Family Movie + Trivia Night: <i>The Parent Trap (1961)</i> Chicken parmesan with spaghetti, salad and garlic breadsticks	5 Grilled ham steak, steamed cabbage, Instant Pot mashed sweet potatoes, yeast rolls
6 Crockpot Brisket, coleslaw, Instant Pot cauliflower mash	7 LEFTOVERS	8 Taco Nacho Night, ground beef, lettuce, Mexican cheese, sour cream, salsa, sliced avocado	9 LEFTOVERS	10 Grilled pork chops, Instant Pot black eyed peas with green beans, coleslaw	11 Mini Meatloaves, roasted vegetables and cheesy cauliflower mash	12 Instant Pot Chuck Roast, parmesan parsley rice, roasted parmesan zucchini chips
13 Lazy Man Lasagna, Rosemary bread, salad	14 Stuffed Bell Peppers, angel hair pasta with parmesan, salad	15 Grilled Chicken Thighs, Instant Pot cauliflower mash with hidden carrots, Mediterranean salad	16 LEFTOVERS	17 Pesto Turkey Meatballs, angel hair pasta pesto with peas, steamed carrots	18 Family Movie + Trivia Night: <i>Charlie Brown: The Mayflower</i> Crockpot Rotisserie Chicken, corn cobs, roasted parmesan broccoli	19 Crockpot tomato bisque, baked mini grilled cheese sandwiches <i>(Jason, Sabrina, L & L)</i>
20 Grilled hamburger sliders, French fries, sliced tomato and onions <i>(Jason, Sabrina, L & L)</i>	21 Homemade Pizzas, oven-fried mozzarella sticks, salad <i>(Jason, Sabrina, L & L)</i>	22 Family Dinner <i>(Jason, Sabrina, L & L)</i>	23 Hibachi on the Blackstone (Grilled steak, rice and vegetables) <i>(Jason, Sabrina, L & L)</i>	24 Thanksgiving <i>(Jason, Sabrina, L & L)</i>	25 LEFTOVERS (All the goodness again!) <i>(Jason, Sabrina, L & L)</i>	26 <i>Phoebe's Birthday</i>
27 Crockpot pork shoulder roast, brown rice medley, roasted butternut squash and broccoli	28 Instant Pot Salisbury steak, creamy rice, Sautéed spinach, rolls	29 Baked spaghetti, Rosemary bread, salad	30 Crockpot black eyed peas with turnip greens and ham soup, cornbread			