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# October



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p><b>Meal idea</b> – <i>Tyson</i> Seasoned Beef Meatloaf, fully-cooked, mashed potatoes, green beans, crescent rolls</p>	<p><b>1</b></p> 	<p><b>2</b></p> <p><b>Recipe idea</b> – <i>Tyson</i> Chicken in White Wine &amp; Garlic Sauce Casserole</p>	<p><b>3</b></p> <p><b>Family idea</b> – Game night. Play “Best Family Moment!” Visit <a href="http://EmbraceDinner.com">EmbraceDinner.com</a> for details.</p>	<p><b>4</b></p> <p><b>Meal idea</b> – Scrambled eggs with cheese and dried herbs served atop <i>Tyson</i> Maple &amp; Brown Sugar Glazed Ham with a side of fruit salad</p>
<p><b>5</b></p> 	<p><b>6</b></p> <p><b>Recipe idea</b> – <i>Tyson</i> Seasoned Beef Meatloaf Parmesan</p>	<p><b>7</b></p>	<p><b>8</b></p> <p><b>Meal idea</b> – <i>Tyson</i> Roast Beef in Brown Gravy, potato wedges from the deli, bakery wheat rolls</p>	<p><b>9</b></p>	<p><b>10</b></p> <p><b>Family idea</b> – Start collecting family recipes for your own personal cookbook. Visit <a href="http://EmbraceDinner.com">EmbraceDinner.com</a> for more family fun ideas.</p>	<p><b>11</b></p> <p><b>Meal idea</b> – <i>Tyson</i> Chicken Breast Medallions in Italian Herb Sauce, steamed broccoli, and French bread</p>
<p><b>12</b></p> <p><b>Dinner Vacation</b> – Take a trip without leaving home. Plan a meal inspired by Italy, including <i>Tyson</i> Seasoned Beef Meatloaf Parmesan. Top the table with an inexpensive red and white checked tablecloth, and play some Italian music.</p>	<p><b>13</b></p> <p>Columbus Day</p>	<p><b>14</b></p> <p><b>Meal idea</b> – <i>Tyson</i> Beef Pot Roast in Gravy, steam-in-bag carrots, and tossed salad</p>	<p><b>15</b></p> 	<p><b>16</b></p> <p><b>Meal idea</b> – <i>Tyson</i> Chicken Breast Medallions in White Wine and Garlic Sauce, rice pilaf, and French cut green beans</p>	<p><b>17</b></p>	<p><b>18</b></p> <p><b>Recipe idea</b> – Open Face <i>Tyson</i> Pork Roast with a side of Cheesy Garlic Mashed Potatoes</p>
<p><b>19</b></p>	<p><b>20</b></p> <p><b>Meal idea</b> – <i>Tyson</i> Beef Steak Tips in Bourbon Sauce, egg noodles and bakery corn bread or muffins</p>	<p><b>21</b></p> 	<p><b>22</b></p> <p><b>Recipe idea</b> – <i>Tyson</i> Beef Stew in a Bread Bowl</p>	<p><b>23</b></p> <p><b>Meal idea</b> – <i>Tyson</i> Maple &amp; Brown Sugar Glazed Ham, corn on the cob, deli potato salad, dinner rolls</p>	<p><b>24</b></p>	<p><b>25</b></p> <p><b>Family idea</b> – Game night. Play “Word Association.” Visit <a href="http://EmbraceDinner.com">EmbraceDinner.com</a> for details.</p>
<p><b>26</b></p>	<p><b>27</b></p> <p>Visit <a href="http://EmbraceDinner.com">EmbraceDinner.com</a> for great recipes and family fun ideas!</p>	<p><b>28</b></p>	<p><b>29</b></p> 	<p><b>30</b></p>	<p><b>31</b></p> <p>Halloween</p> 	

