

# Fall Menu

(September, October, November)

1. **ONCE A MONTH:** Spaghetti, broccoli / pork
  2. [Whole Chicken](#), sauteed kale, baked sweet potato
  3. Leftover chicken tacos, cumin lime slaw (or alternative), [cassava flour tortillas](#) (if needed)
  4. [White chicken chili](#)- (What Great Grandma Ate)
  5. Salmon, green beans, butternut squash
  6. [Beef skillet](#)
  7. **NEW:**
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8. **ONCE A MONTH:** steak / big salad
  9. [Chicken Piccata](#), [sweet potatoes](#), veggie (Defined Dish pg. 15)
  10. Burrito Bowl
  11. [Butternut squash soup](#) with bacon
  12. Salmon, sauteed kale, roasted carrots
  13. Sausage and root veggies, salad, quinoa/rice
  14. **NEW:**
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15. **ONCE A MONTH:** Out to Eat / out to eat
16. Stir-fry
17. [Enchiladas](#)
18. [Chicken pot pie soup](#)
19. Salmon, brussels sprouts, baked sweet potato
20. [Shrimp zoodles](#)
21. **NEW:**

## **Seasonal Produce:**

- Apples
- Pears
- Broccoli
- Brussels sprouts
- Pumpkin
- Winter squash
- Greens
- Potatoes
- Sweet potatoes
- Herbs
- Peppers