**Fall/Winter Menu Plan #5:**

**From Mel’s Kitchen Café (www.melskitchencafe.com)**

***\*\*Note:*** *To access the recipes, hold down the CTRL key while clicking on the recipe title and a browser should open with the recipe.*

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| --- | --- | --- | --- | --- | --- | --- |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  |  |  |
| [Slow Cooker White Bean Chicken Chili](http://www.melskitchencafe.com/2013/10/slow-cooker-white-bean-chicken-chili.html)[Buttery Cornmeal Crescent Rolls](http://www.melskitchencafe.com/2011/04/buttery-cornmeal-crescent-rolls.html) (make double and freeze half for Friday’s meal)*Dessert:*[Cinnamon Roll Cake](http://www.melskitchencafe.com/2013/09/cinnamon-roll-cake.html) | [Smothered Sweet Pork Burritos](http://www.melskitchencafe.com/2013/09/smothered-sweet-pork-burritos.html)Vegetables and [Black Bean Hummus](http://www.melskitchencafe.com/2013/06/black-bean-hummus.html) | [Sweet Mustard Baked Chicken](http://www.melskitchencafe.com/2013/09/sweet-mustard-baked-chicken.html)[Simple Rice Pilaf](http://www.melskitchencafe.com/2012/04/simple-rice-pilaf.html)Steamed Veggie and/or Green Salad | Leftover Night!*(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [White Chicken and Spinach Lasagna](http://www.melskitchencafe.com/2013/09/white-chicken-and-spinach-lasagna.html)Steamed Peas or Broccoli | [Green Lentil Soup with Curried Brown Butter](http://www.melskitchencafe.com/2013/10/green-lentil-soup-with-curried-brown-butter.html)[Buttery Cornmeal Crescent Rolls](http://www.melskitchencafe.com/2011/04/buttery-cornmeal-crescent-rolls.html) | [Homemade Pizza](http://www.melskitchencafe.com/2010/02/homemade-pizza-new-and-improved.html) Fresh Seasonal Fruit/Vegetables |

**Treats to Make:**

[Pumpkin Chocolate Ice Cream Sandwiches](http://www.melskitchencafe.com/2013/09/pumpkin-ice-cream-sandwiches.html)

[Healthy Applesauce Oatmeal Muffins](http://www.melskitchencafe.com/2013/09/healthy-oats-and-applesauce-muffins.html)

**Breakfast Ideas:** For more breakfast ideas click [HERE](http://www.melskitchencafe.com/recipe-index/breakfast)

[Oatmeal Pancake Mix](http://www.melskitchencafe.com/2009/09/oatmeal-pancake-mix.html)

[Overnight Maple & Brown Sugar Oatmeal](http://www.melskitchencafe.com/2012/03/overnight-maple-brown-sugar-oatmeal.html)

[Make-Ahead Sausage and Egg Breakfast Bake](http://www.melskitchencafe.com/2012/07/make-ahead-sausage-and-egg-breakfast-bake.html)

[Baked Blueberry Pecan French Toast](http://www.melskitchencafe.com/2009/07/baked-blueberry-pecan-french-toast.html)

[Pumpkin Cinnamon Pull-Apart Bread with Vanilla Glaze](http://www.melskitchencafe.com/2012/11/pumpkin-cinnamon-pull-apart-bread-with-vanilla-glaze.html)

[Refrigerator Bran Muffins](http://www.melskitchencafe.com/2010/09/healthy-and-delicious-refrigerator-bran-muffins.html)

[Healthy Banana Bran Muffins](http://www.melskitchencafe.com/2012/06/healthy-banana-oat-bran-muffins.html)

[Granola](http://www.melskitchencafe.com/2009/10/coconut-and-cashew-granola.html) over [Yogurt](http://www.melskitchencafe.com/2013/01/diy-homemade-yogurt.html)

[Buttermilk Waffles](http://www.melskitchencafe.com/2008/02/classic-buttermilk-waffles-with-cheese.html) (made with all whole wheat flour)

[Baked Oatmeal](http://www.melskitchencafe.com/2009/07/baked-oatmeal.html)

Scrambled Eggs and Toast

French Toast (made with homemade bread)

**Vegetables/Produce:**

**Meat/Cheese:**

**Milk/Dairy/Eggs:**

**Baking/Spices:**

**Breads/Buns:**

**Canned Goods:**

**Jarred Goods:**

**Dry Goods (pasta, crackers, etc.)**

**Frozen:**