

Menu Plan #1:

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Baked Ziti Green Salad Breadsticks or Make-Ahead Garlic Bread <i>Dessert:</i> Cookie Dough Topped Brownies	Grilled Island Chicken Orzo Pilaf or Black Bean and Corn Quinoa Salad Steamed Peas or other Veggie	Tacos Supreme With toppings Homemade Tortilla Bowls Fresh Seasonal Fruit/Vegetables	Hawaiian Haystacks Buttery Peas with Thyme Green Salad	Leftover Night! <i>(Consider using leftover taco meat or grilled chicken in a quesadilla, or if you are low on leftovers, make waffles, grilled cheese, whatever floats your boat!)</i>	Skillet Macaroni and Cheese Steamed Broccoli	Homemade Pizza or Grilled Pizza Fresh Seasonal Fruit/Vegetables

Treats to Make:

[Perfect Chocolate Chip Cookies](#)

[Buttermilk Banana Bread](#)

Breakfast Ideas:

[Oatmeal Pancake Mix](#)

French Toast (made with homemade bread)

[Refrigerator Bran Muffins](#)

Scrambled Eggs and Toast

[Granola](#) over yogurt

[Buttermilk Waffles](#) (made with all whole wheat flour)

[Baked Oatmeal](#)

Vegetables/Produce:

Dry Goods (pasta, crackers, etc.)

Meat/Cheese:

Frozen:

Milk/Dairy/Eggs:

Baking/Spices:

Breads/Buns:

Canned Goods:

Jarred Goods: