**Menu Plan #2:**

**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** |
|  |  |  |  |  |  |  |
| [Smothered Pork Chops {Slow Cooker}](http://www.melskitchencafe.com/2011/06/smothered-pork-chops-slow-cooker.html)  [Baked Brown Rice](http://www.melskitchencafe.com/2010/02/baked-brown-rice.html) or [Garlic Mashed Potatoes](http://www.melskitchencafe.com/2010/10/baked-garlic-mashed-potatoes.html)  Steamed Vegetable  *Dessert:*  [Grasshopper Ice Cream Pie](http://www.melskitchencafe.com/2010/08/grasshopper-ice-cream-pie.html) | [Black Beans and Rice](http://www.melskitchencafe.com/2010/06/classic-and-simple-black-beans-and-rice.html)  *.*  Green Salad | [Poor Man’s Stroganoff](http://www.melskitchencafe.com/2011/02/poor-mans-stroganoff.html)  [Buttery Crescent Rolls](http://www.melskitchencafe.com/2011/04/buttery-cornmeal-crescent-rolls.html)  Steamed Broccoli | Leftover Night!  *(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [Creamy Green Chile Enchiladas](http://www.melskitchencafe.com/2010/05/white-and-green-chicken-enchiladas.html)  [Skillet Squash Medley](http://www.melskitchencafe.com/2010/08/skillet-squash-medley.html) or a Steamed Vegetable | [Butter and Garlic Shrimp Penne](http://www.melskitchencafe.com/2010/08/butter-and-garlic-shrimp-penne.html)  Green Salad  Steamed Vegetable | [Homemade Pizza](http://www.melskitchencafe.com/2010/02/homemade-pizza-new-and-improved.html) or [Grilled Pizza](http://www.melskitchencafe.com/2011/07/grilled-pizza-how-to.html)  Fresh Seasonal Fruit/Vegetables |

**Treats to Make:**

[Magical Layered Brownies](http://www.melskitchencafe.com/2011/02/magical-layered-brownies.html)

[Cowboy Cookies](http://www.melskitchencafe.com/2011/05/cowboy-cookies.html)

**Breakfast Ideas:**

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

French Toast (made with homemade bread)

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

Scrambled Eggs and Toast

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

[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)

**Vegetables/Produce:**

**Meat/Cheese:**

**Milk/Dairy/Eggs:**

**Baking/Spices:**

**Breads/Buns:**

**Canned Goods:**

**Jarred Goods:**

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

**Frozen:**