

## Menu Plan #3: From Mel's Kitchen Café ([www.melskitchencafe.com](http://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
<a href="#">Sweet and Sour Meatballs</a>  <a href="#">Baked Brown Rice</a> or White Rice  <a href="#">Creamy 5-Cup Fruit Salad</a>  <i>Dessert:</i> <a href="#">Heath Bar Cake</a>	<a href="#">Ham and Sweet Potato Hash</a>  Toast Triangles  Orange Juice/Fruit Smoothie	<a href="#">Homemade Spaghetti Sauce</a> <i>*Freeze half for a later meal like <a href="#">Baked Manicotti</a></i>  Spaghetti Noodles  <a href="#">Divine Breadsticks</a> or <a href="#">Cheesy Garlic Bread</a>  Green Salad/Vegetables	Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i>	<a href="#">Basil Chicken in Coconut Curry Sauce</a>  <a href="#">Roasted Curry Cauliflower</a>	<a href="#">Quick Cheesesteak Subs</a>  <a href="#">Honey Lime Fruit Salad</a>  Chips  Fresh Seasonal Vegetables	<a href="#">Homemade Pizza</a> or <a href="#">Grilled Pizza</a>  Fresh Seasonal Fruit/Vegetables

### **Treats to Make:**

[Oatmeal Butterscotch Bars](#)  
[The Best Blueberry Muffins](#)

### **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:**