**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.*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  |  |  |
| [Slow Cooker Maple Brown Sugar Ham](http://www.melskitchencafe.com/2009/04/slow-cooker-maple-brown-sugar-ham.html)  [Cheesy Au Gratin Potatoes](http://www.melskitchencafe.com/2011/04/cheesy-au-gratin-potatoes-2.html)  [Roasted Asparagus](http://www.melskitchencafe.com/2010/03/perfect-roasted-asparagus.html) or [Buttery Peas with Thyme](http://www.melskitchencafe.com/2010/01/buttery-peas-with-thyme.html)  *Dessert:*  [Fruit Pizza](http://www.melskitchencafe.com/2011/02/fruit-pizza.html) | [BBQ Chicken Salad with Creamy Cilantro Lime Dressing](http://www.melskitchencafe.com/2011/02/bbq-chicken-salad-with-creamy-bbq-cilantro-lime-dressing.html)  [French Bread Rolls](http://www.melskitchencafe.com/2007/12/french-bread-rolls.html)  Fresh Seasonal Fruit/Vegetables | [Ham and Pasta Skillet Dinner](http://www.melskitchencafe.com/2008/12/ham-and-pasta-skillet-dinner.html)  Steamed Peas or Broccoli | [Baked Southwest Egg Rolls with Creamy Chipotle Dipping Sauce](http://www.melskitchencafe.com/2010/10/baked-southwest-egg-rolls-with-creamy-chipotle-dipping-sauce.html)  [Honey Lime Fruit Salad](http://www.melskitchencafe.com/2010/04/honey-lime-fruit-salad.html)  Fresh Seasonal Vegetables | Leftover Night!  *(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [Skillet Chicken with Mexican Green Rice](http://www.melskitchencafe.com/2010/09/skillet-chicken-with-mexican-green-rice.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:**

[Peanut Butter and Pretzel Toffee Bonbons](http://www.melskitchencafe.com/2011/03/peanut-butter-pretzel-and-toffee-bonbons.html)

[Oatmeal Chocolate Chunk Bars](http://www.melskitchencafe.com/2008/06/oatmeal-chocolate-chunk-bars.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:**