**Menu Plan #8:**

**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** |
|  |  |  |  |  |  |  |
| [Broiled Parmesan and Lemon Chicken](http://www.melskitchencafe.com/2012/06/broiled-parmesan-and-lemon-chicken.html)[Barley Pilaf](http://www.melskitchencafe.com/2012/05/simple-barley-pilaf.html)[Honey Lime Fruit Salad](file:///C%3A%5CUsers%5CAndersons%5CDownloads%5CHoney%20Lime%20fruit%20salad)*Dessert:*[Oreo Truffle Brownies](http://www.melskitchencafe.com/2012/08/oreo-truffle-brownies.html) | [Orange Beef and Veggie Stir Fry](http://www.melskitchencafe.com/2012/08/orange-beef-and-veggie-stir-fry.html)[Baked Brown Rice](http://www.melskitchencafe.com/2010/02/baked-brown-rice.html) or White Rice | [Chicken Caesar Salad Wraps](http://www.melskitchencafe.com/2012/07/chicken-caesar-salad-wraps.html)Fresh Seasonal Fruit/Vegetables | Leftover Night!*(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [Skillet Taco Pie](http://www.melskitchencafe.com/2012/05/skillet-taco-pie.html)with ToppingsGreen Salad/Vegetables | [Greek Chicken Pita Pockets](http://www.melskitchencafe.com/2012/08/greek-chicken-pita-pockets-slow-cooker.html)Chips[The Best Broccoli Salad](http://www.melskitchencafe.com/2012/08/the-best-broccoli-salad.html) | [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:**

[Chocolate Frosted Brownies](http://www.melskitchencafe.com/2013/02/chocolate-frosted-brownies.html)

[Orange Creamsicle Cookies](http://www.melskitchencafe.com/2012/06/orange-creamsicle-cookies.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:**