

Fall/Winter 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
Mediterranean Pork with Couscous Steamed Vegetable French Bread Rolls (make extra in sub shape and freeze to use later for meatball subs) <i>Dessert:</i> Chocolate Chip Cake	Tomato Bisque Soup Grilled Cheese Sandwiches Fresh Vegetables	Meatball Subs Fresh Fruit/Vegetables Chips/Pretzels	Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i>	Baked Chicken Nuggets Sweet Potato Fries Fresh Fruit	Lasagna Soup Divine Breadsticks Gourmet Green Salad	Homemade Pizza Fresh Seasonal Fruit/Vegetables

Treats to Make:

[Chocolate Toffee Brownie Bites](#)

[Pumpkin Cobbler](#)²

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: