

## Fall/Winter Menu Plan #5: 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="#">Slow Cooker White Bean Chicken Chili</a>  <a href="#">Buttery Cornmeal Crescent Rolls</a> (make double and freeze half for Friday's meal)  <i>Dessert:</i> <a href="#">Cinnamon Roll Cake</a>	<a href="#">Smothered Sweet Pork Burritos</a>  Vegetables and <a href="#">Black Bean Hummus</a>	<a href="#">Sweet Mustard Baked Chicken</a>  <a href="#">Simple Rice Pilaf</a>  Steamed Veggie and/or Green Salad	Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i>	<a href="#">White Chicken and Spinach Lasagna</a>  Steamed Peas or Broccoli	<a href="#">Green Lentil Soup with Curried Brown Butter</a>  <a href="#">Buttery Cornmeal Crescent Rolls</a>	<a href="#">Homemade Pizza</a>  Fresh Seasonal Fruit/Vegetables

### **Treats to Make:**

[Pumpkin Chocolate Ice Cream Sandwiches](#)

[Healthy Applesauce Oatmeal Muffins](#)

**Breakfast Ideas:** For more breakfast ideas click [HERE](#)

[Oatmeal Pancake Mix](#)

[Overnight Maple & Brown Sugar Oatmeal](#)

[Make-Ahead Sausage and Egg Breakfast Bake](#)

[Baked Blueberry Pecan French Toast](#)

[Pumpkin Cinnamon Pull-Apart Bread with Vanilla Glaze](#)

[Refrigerator Bran Muffins](#)

[Healthy Banana Bran Muffins](#)

[Granola](#) over [Yogurt](#)

[Buttermilk Waffles](#) (made with all whole wheat flour)

[Baked Oatmeal](#)

Scrambled Eggs and Toast

French Toast (made with homemade bread)

**Vegetables/Produce:**

**Frozen:**

**Meat/Cheese:**

**Milk/Dairy/Eggs:**

**Baking/Spices:**

**Breads/Buns:**

**Canned Goods:**

**Jarred Goods:**

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