

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

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.)