# Fall/Winter Menu Plan #6:
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.

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cinnamon and Chili Pork Tenderloin with Apple Salsa</strong></td>
<td><strong>No-Cream Creamy Basil Spinach Soup</strong></td>
<td><strong>Thai Green Curry Meatballs</strong></td>
<td><strong>Leftover Night! (Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</strong></td>
<td><strong>Jalapeno Cheddar Turkey Burgers</strong></td>
<td><strong>Hoisin Rice Noodles with Shrimp</strong></td>
<td><strong>Homemade Pizza</strong></td>
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<tr>
<td>Steamed Vegetable</td>
<td>Grilled Cheese Sandwiches</td>
<td>Rice</td>
<td>Fresh Fruit/Vegetables</td>
<td>Sweet Potato Fries</td>
<td>Fresh Fruit</td>
<td>Fresh Seasonal Fruit/Vegetables</td>
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<tr>
<td><strong>French Bread Rolls</strong></td>
<td>Fresh Vegetables</td>
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<td><em>Dessert:</em> White Texas Sheet Cake</td>
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**Treats to Make:**
- No-Bake Healthy Granola Bites
- Pumpkin Blondies with Chocolate Chips

**Breakfast Ideas:** For more breakfast ideas click [HERE](#)
- Em’s Famous Overnight Oatmeal Cinnamon Pancakes
- 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:

Meat/Cheese:

Frozen:

Milk/Dairy/Eggs:

Baking/Spices:

Breads/Buns:

Canned Goods:

Jarred Goods:

Dry Goods (pasta, crackers, etc.)