

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cinnamon and Chili Pork Tenderloin with Apple Salsa Steamed Vegetable French Bread Rolls <i>Dessert:</i> White Texas Sheet Cake	No-Cream Creamy Basil Spinach Soup Grilled Cheese Sandwiches Fresh Vegetables	Thai Green Curry Meatballs Rice Fresh Fruit/Vegetables	Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i>	Jalapeno Cheddar Turkey Burgers Sweet Potato Fries Fresh Fruit Chips/Pretzels	Hoisin Rice Noodles with Shrimp Fresh Fruit/Vegetables	Homemade Pizza Fresh Seasonal Fruit/Vegetables

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:

Frozen:

Meat/Cheese:

Milk/Dairy/Eggs:

Baking/Spices:

Breads/Buns:

Canned Goods:

Jarred Goods:

Dry Goods (pasta, crackers, etc.)