**Menu Plan #1:**

**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.*

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| --- | --- | --- | --- | --- | --- | --- |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  |  |  |
| [Baked Ziti](http://www.melskitchencafe.com/2009/04/classic-baked-ziti.html)Green Salad[Breadsticks](http://www.melskitchencafe.com/2009/10/divine-breadsticks-2.html) or [Make-Ahead Garlic Bread](http://www.melskitchencafe.com/2009/09/make-ahead-crispy-buttery-garlic-bread.html)*Dessert:*[Cookie Dough Topped Brownies](http://www.melskitchencafe.com/2009/07/cookie-dough-topped-brownies.html) | [Grilled Island Chicken](http://www.melskitchencafe.com/2010/05/grilled-island-chicken-2.html)[Orzo Pilaf](http://www.melskitchencafe.com/2010/05/simple-orzo-pilaf.html) or [Black Bean and Corn Quinoa Salad](http://www.melskitchencafe.com/2010/07/black-bean-and-sweet-corn-quinoa-salad.html)Steamed Peas or other Veggie | [Tacos Supreme](http://www.melskitchencafe.com/2008/04/tacos-supreme.html)With toppings[Homemade Tortilla Bowls](http://www.melskitchencafe.com/2010/04/homemade-taco-tortilla-bowls.html)Fresh Seasonal Fruit/Vegetables | [Hawaiian Haystacks](http://www.melskitchencafe.com/2010/02/hawaiian-haystacks-chicken-sauce-reinvented.html)[Buttery Peas with Thyme](http://www.melskitchencafe.com/2010/01/buttery-peas-with-thyme.html)Green Salad | Leftover Night!*(Consider using leftover taco meat or grilled chicken in a quesadilla, or if you are low on leftovers, make waffles, grilled cheese, whatever floats your boat!)* | [Skillet Macaroni and Cheese](http://www.melskitchencafe.com/2009/03/skillet-creamy-macaroni-and-cheese.html)Steamed Broccoli | [Homemade Pizza](http://www.melskitchencafe.com/2010/02/homemade-pizza-new-and-improved.html) or [Grilled Pizza](http://www.melskitchencafe.com/2011/07/grilled-pizza-how-to.html)Fresh Seasonal Fruit/Vegetables |

**Treats to Make:**

[Perfect Chocolate Chip Cookies](http://www.melskitchencafe.com/2008/05/thick-and-chewy-chocolate-chip-cookies.html)

[Buttermilk Banana Bread](http://www.melskitchencafe.com/2008/03/buttermilk-banana-bread.html)

**Breakfast Ideas:**

[Oatmeal Pancake Mix](http://www.melskitchencafe.com/2009/09/oatmeal-pancake-mix.html)

French Toast (made with homemade bread)

[Refrigerator Bran Muffins](http://www.melskitchencafe.com/2010/09/healthy-and-delicious-refrigerator-bran-muffins.html)

Scrambled Eggs and Toast

[Granola](http://www.melskitchencafe.com/2009/10/coconut-and-cashew-granola.html) over yogurt

[Buttermilk Waffles](http://www.melskitchencafe.com/2008/02/classic-buttermilk-waffles-with-cheese.html) (made with all whole wheat flour)

[Baked Oatmeal](http://www.melskitchencafe.com/2009/07/baked-oatmeal.html)

**Vegetables/Produce:**

**Meat/Cheese:**

**Milk/Dairy/Eggs:**

**Baking/Spices:**

**Breads/Buns:**

**Canned Goods:**

**Jarred Goods:**

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

**Frozen:**