

# Menu Plan #1:

## 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="#">Baked Ziti</a>  Green Salad  <a href="#">Breadsticks</a> or <a href="#">Make-Ahead Garlic Bread</a>  <i>Dessert:</i> <a href="#">Cookie Dough Topped Brownies</a>	<a href="#">Grilled Island Chicken</a>  <a href="#">Orzo Pilaf</a> or <a href="#">Black Bean and Corn Quinoa Salad</a>  Steamed Peas or other Veggie	<a href="#">Tacos Supreme</a> With toppings  <a href="#">Homemade Tortilla Bowls</a>  Fresh Seasonal Fruit/Vegetables	<a href="#">Hawaiian Haystacks</a>  <a href="#">Buttery Peas with Thyme</a>  Green Salad	Leftover Night! <i>(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!)</i>	<a href="#">Skillet Macaroni and Cheese</a>  Steamed Broccoli	<a href="#">Homemade Pizza</a> or <a href="#">Grilled Pizza</a>  Fresh Seasonal Fruit/Vegetables

**Treats to Make:**

- [Perfect Chocolate Chip Cookies](#)
- [Buttermilk Banana Bread](#)

**Breakfast Ideas:**

- [Oatmeal Pancake Mix](#)
- French Toast (made with homemade bread)
- [Refrigerator Bran Muffins](#)
- Scrambled Eggs and Toast
- [Granola](#) over yogurt
- [Buttermilk Waffles](#) (made with all whole wheat flour)
- [Baked Oatmeal](#)

**Vegetables/Produce:**

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

**Meat/Cheese:**

**Frozen:**

**Milk/Dairy/Eggs:**

**Baking/Spices:**

**Breads/Buns:**

**Canned Goods:**

**Jarred Goods:**