Menu Plan #2:
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>
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</thead>
<tbody>
<tr>
<td>Smothered Pork Chops [Slow Cooker]</td>
<td>Black Beans and Rice . Green Salad</td>
<td>Poor Man’s Stroganoff . Buttery Crescent Rolls</td>
<td>Leftover Night! (Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</td>
<td>Creamy Green Chile Enchiladas</td>
<td>Butter and Garlic Shrimp Penne</td>
<td>Homemade Pizza or Grilled Pizza</td>
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<tr>
<td>Baked Brown Rice or Garlic Mashed Potatoes</td>
<td>Steamed Vegetable</td>
<td>Steamed Broccoli</td>
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<td>Steamed Vegetable</td>
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<tr>
<td>Dessert: Grasshopper Ice Cream Pie</td>
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Treats to Make:
- Magical Layered Brownies
- Cowboy Cookies

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: