

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Smothered Pork Chops {Slow Cooker} Baked Brown Rice or Garlic Mashed Potatoes Steamed Vegetable <i>Dessert:</i> Grasshopper Ice Cream Pie	Black Beans and Rice Green Salad	Poor Man's Stroganoff Buttery Crescent Rolls Steamed Broccoli	Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i>	Creamy Green Chile Enchiladas Skillet Squash Medley or a Steamed Vegetable	Butter and Garlic Shrimp Penne Green Salad Steamed Vegetable	Homemade Pizza or Grilled Pizza Fresh Seasonal Fruit/Vegetables

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: