**Menu Plan #3:**

**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** |
|  |  |  |  |  |  |  |
| [Sweet and Sour Meatballs](http://www.melskitchencafe.com/2009/02/sweet-and-sour-meatballs.html)  [Baked Brown Rice](http://www.melskitchencafe.com/2010/02/baked-brown-rice.html) or White Rice  [Creamy 5-Cup Fruit Salad](http://www.melskitchencafe.com/2011/01/creamy-5-cup-fruit-salad.html)  *Dessert:*  [Heath Bar Cake](http://www.melskitchencafe.com/2011/01/heath-bar-cake.html) | [Ham and Sweet Potato Hash](http://www.melskitchencafe.com/2010/09/ham-and-sweet-potato-hash.html)  Toast Triangles  Orange Juice/Fruit Smoothie | [Homemade Spaghetti Sauce](http://www.melskitchencafe.com/2009/10/homemade-spaghetti-sauce-perfected.html)  *\*Freeze half for a later meal like* [*Baked Manicotti*](http://www.melskitchencafe.com/2009/09/best-baked-manicotti.html)  Spaghetti Noodles  [Divine Breadsticks](http://www.melskitchencafe.com/2009/10/divine-breadsticks-2.html) or [Cheesy Garlic Bread](http://www.melskitchencafe.com/2010/03/cheesy-garlic-bread.html)  Green Salad/Vegetables | Leftover Night!  *(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [Basil Chicken in Coconut Curry Sauce](http://www.melskitchencafe.com/2009/09/basil-chicken-in-coconut-curry-sauce.html)  [Roasted Curry Cauliflower](http://www.melskitchencafe.com/2011/07/curried-cauliflower-popcorn.html) | [Quick Cheesesteak Subs](http://www.melskitchencafe.com/2010/08/quick-and-tasty-cheesesteak-subs.html)  [Honey Lime Fruit Salad](Honey%20Lime%20fruit%20salad)  Chips  Fresh Seasonal Vegetables | [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:**

[Oatmeal Butterscotch Bars](http://www.melskitchencafe.com/2011/05/oatmeal-butterscotch-bars.html)

[The Best Blueberry Muffins](http://www.melskitchencafe.com/2009/04/lemon-sugar-crusted-blueberry-muffins.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:**