

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 Baked Brown Rice or White Rice Creamy 5-Cup Fruit Salad <i>Dessert:</i> Heath Bar Cake | Ham and Sweet Potato Hash Toast Triangles Orange Juice/Fruit Smoothie | Homemade Spaghetti Sauce <i>*Freeze half for a later meal like Baked Manicotti</i> Spaghetti Noodles Divine Breadsticks or Cheesy Garlic Bread Green Salad/Vegetables | Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i> | Basil Chicken in Coconut Curry Sauce Roasted Curry Cauliflower | Quick Cheesesteak Subs Honey Lime Fruit Salad Chips Fresh Seasonal Vegetables | Homemade Pizza or Grilled Pizza Fresh Seasonal Fruit/Vegetables |

Treats to Make:

[Oatmeal Butterscotch Bars](#)
[The Best Blueberry Muffins](#)

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: