**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.

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet and Sour Meatballs</td>
<td>Ham and Sweet Potato Hash</td>
<td>Homemade Spaghetti Sauce</td>
<td>Leftover Night! (Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</td>
<td>Basil Chicken in Coconut Curry Sauce</td>
<td>Quick Cheesesteak Subs</td>
<td>Homemade Pizza or Grilled Pizza</td>
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<tr>
<td>Baked Brown Rice or White Rice</td>
<td>Toast Triangles</td>
<td>Spaghetti Noodles</td>
<td></td>
<td>Roasted Curry Cauliflower</td>
<td>Honey Lime Fruit Salad</td>
<td></td>
</tr>
<tr>
<td>Creamy 5-Cup Fruit Salad</td>
<td>Orange Juice/Fruit Smoothie</td>
<td>Divine Breadsticks or Cheesy Garlic Bread</td>
<td></td>
<td></td>
<td>Chips</td>
<td>Fresh Seasonal Fruit/Vegetables</td>
</tr>
<tr>
<td>Dessert: Heath Bar Cake</td>
<td></td>
<td>Green Salad/Vegetables</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

**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: