**Menu Plan #4:**

**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.*

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| --- | --- | --- | --- | --- | --- | --- |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  |  |  |
| [Mexican Lasagna](http://www.melskitchencafe.com/2011/02/mexican-lasagna.html)[Cornbread](http://www.melskitchencafe.com/2009/08/the-cornbread-and-fluffy-honey-butter.html)Green SaladSteamed Broccoli*Dessert:*[Coconut Tres Leches Cake](http://www.melskitchencafe.com/2010/06/coconut-tres-leches-cake.html) | [Summer Garden Vegetable Soup](http://www.melskitchencafe.com/2010/08/summer-garden-vegetable-soup.html)[French Bread Rolls](http://www.melskitchencafe.com/2007/12/french-bread-rolls.html) | [Grilled Marinated Pork Tenderloin](http://www.melskitchencafe.com/2011/05/citrus-and-soy-marinated-grilled-pork-tenderloin.html)[Guacamole Salad](http://www.melskitchencafe.com/2011/05/guacamole-salad.html)[Sweet Potato Fries](http://www.melskitchencafe.com/2011/03/sweet-potato-fries.html) | Leftover Night!*(If you have leftover pork tenderloin from yesterday, consider using it in a quesadilla, if not, use other leftovers, make breakfast-for-dinner, whatever you do – make your life easy!)* | [Bourbon Chicken](http://www.melskitchencafe.com/2008/12/bourbon-chicken.html)[Baked Brown Rice](http://www.melskitchencafe.com/2010/02/baked-brown-rice.html)Steamed Peas | [Fusilli alla Caprese](http://www.melskitchencafe.com/2008/08/fusilli-alla-caprese.html)[Divine Breadsticks](http://www.melskitchencafe.com/2009/10/divine-breadsticks-2.html)[Perfect Corn on the Cob](http://www.melskitchencafe.com/2010/07/perfect-corn-on-the-cob.html) or other Vegetable | [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) *(Consider changing it up a little and making a margherita pizza with fresh basil and mozzarella if you have any leftover from last night’s dinner)*Fresh Seasonal Fruit/Vegetables |

**Treats to Make:**

[Whole Wheat Chocolate Chip Cookies](http://www.melskitchencafe.com/2009/11/whole-wheat-oatmeal-chocolate-chip-cookies.html)

[Chocolate Orange Swirl Muffins](http://www.melskitchencafe.com/2010/12/chocolate-orange-swirl-muffins-sugar-rush-9.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:**