

## Menu Plan #5: From Mel's Kitchen Café ([www.melskitchencafe.com](http://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  |
|---|---|--|---|---|---|---|
| <a href="#">Slow Cooker Maple Brown Sugar Ham</a><br><br><a href="#">Cheesy Au Gratin Potatoes</a><br><br><a href="#">Roasted Asparagus</a><br>or <a href="#">Buttery Peas with Thyme</a><br><br><i>Dessert:</i><br><a href="#">Fruit Pizza</a> | <a href="#">BBQ Chicken Salad with Creamy Cilantro Lime Dressing</a><br><br><a href="#">French Bread Rolls</a><br><br>Fresh Seasonal Fruit/Vegetables | <a href="#">Ham and Pasta Skillet Dinner</a><br><br>Steamed Peas or Broccoli | <a href="#">Baked Southwest Egg Rolls with Creamy Chipotle Dipping Sauce</a><br><br><a href="#">Honey Lime Fruit Salad</a><br><br>Fresh Seasonal Vegetables | Leftover Night!<br><i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i> | <a href="#">Skillet Chicken with Mexican Green Rice</a><br><br>Green Salad<br><br>Steamed Vegetable | <a href="#">Homemade Pizza</a><br>or <a href="#">Grilled Pizza</a><br><br>Fresh Seasonal Fruit/Vegetables |

### **Treats to Make:**

[Peanut Butter and Pretzel Toffee Bonbons](#)  
[Oatmeal Chocolate Chunk Bars](#)

### **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:**