

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