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.**

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td>Slow Cooker Maple Brown Sugar Ham</td>
<td>BBQ Chicken Salad with Creamy Cilantro Lime Dressing</td>
<td>Ham and Pasta Skillet Dinner</td>
<td>Baked Southwest Egg Rolls with Creamy Chipotle Dipping Sauce</td>
<td>Leftover Night! (Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</td>
<td>Skillet Chicken with Mexican Green Rice</td>
<td>Homemade Pizza or Grilled Pizza</td>
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<tr>
<td>Cheesy Au Gratin Potatoes</td>
<td>French Bread Rolls</td>
<td>Steamed Peas or Broccoli</td>
<td>Honey Lime Fruit Salad</td>
<td></td>
<td>Green Salad</td>
<td>Fresh Seasonal Fruit/Vegetables</td>
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<tr>
<td>Roasted Asparagus</td>
<td>Fresh Seasonal Fruit/Vegetables</td>
<td></td>
<td>Fresh Seasonal Vegetables</td>
<td></td>
<td>Steamed Vegetable</td>
<td></td>
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<tr>
<td>or Buttery Peas with Thyme</td>
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<td></td>
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<tr>
<td><em>Dessert:</em> Fruit Pizza</td>
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</tbody>
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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: