**Menu Plan #6:**

**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** |
|  |  |  |  |  |  |  |
| [Italian Lasagna Rolls](http://www.melskitchencafe.com/2013/04/italian-lasagna-rolls-and-a-reminder.html)  [Vegetable Sauté with Simple Crème Sauce](http://www.melskitchencafe.com/2011/11/vegetable-saute-with-simple-cream-sauce.html)  [Divine Breadsticks](http://www.melskitchencafe.com/2009/10/divine-breadsticks-2.html)  *Dessert:*  [Pretzel and Toffee Peanut Butter Chocolate Brownies](http://www.melskitchencafe.com/2013/05/pretzel-and-toffee-peanut-butter-chocolate-brownies.html) | [Black Bean and Sweet Potato Burrito](http://www.melskitchencafe.com/2013/02/black-bean-and-sweet-potato-burritos.html)  Fresh Seasonal Fruit/Vegetables  [Classic Orange Julius](http://www.melskitchencafe.com/2012/01/classic-orange-julius.html) | [Creamy Swiss Chicken Bake](http://www.melskitchencafe.com/2012/09/creamy-swiss-cheese-chicken-bake.html)  [Perfect Brown Rice](http://www.melskitchencafe.com/2013/02/mels-kitchen-tip-how-to-cook-perfect-brown-rice.html)  or White Rice  Green Salad | [Tex-Mex Enchilada Casserole](http://www.melskitchencafe.com/2013/04/tex-mex-enchilada-casserole.html)  Steamed Broccoli | Leftover Night!  *(Consider using leftover taco meat or grilled chicken in a quesadilla, or if you are low on leftovers, make waffles, grilled cheese, whatever floats your boat!)* | [Super Simple Spicy Thai Noodles](http://www.melskitchencafe.com/2013/05/super-simple-spicy-thai-noodles.html)  Shrimp or Grilled Chicken  Fresh Seasonal Fruit/Vegetables | [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)  [Honeydew, Blueberry and Mango Salad with Lime-Ginger Reduction](http://www.melskitchencafe.com/2012/06/honeydew-blueberry-and-mango-salad-with-lime-ginger-reduction.html) |

**Treats to Make:**

[Sugar Cookie Bars](http://www.melskitchencafe.com/2013/04/sugar-cookie-bars.html)

[Layered Peanut Butter and Milk Chocolate Pudding](http://www.melskitchencafe.com/2013/03/layered-peanut-butter-and-milk-chocolate-puddings.html)

**Breakfast Ideas:** For more breakfast ideas click [HERE](http://www.melskitchencafe.com/recipe-index/breakfast)

[Oatmeal Pancake Mix](http://www.melskitchencafe.com/2009/09/oatmeal-pancake-mix.html)

[Overnight Maple & Brown Sugar Oatmeal](http://www.melskitchencafe.com/2012/03/overnight-maple-brown-sugar-oatmeal.html)

[Make-Ahead Sausage and Egg Breakfast Bake](http://www.melskitchencafe.com/2012/07/make-ahead-sausage-and-egg-breakfast-bake.html)

[Baked Blueberry Pecan French Toast](http://www.melskitchencafe.com/2009/07/baked-blueberry-pecan-french-toast.html)

[Pumpkin Cinnamon Pull-Apart Bread with Vanilla Glaze](http://www.melskitchencafe.com/2012/11/pumpkin-cinnamon-pull-apart-bread-with-vanilla-glaze.html)

[Refrigerator Bran Muffins](http://www.melskitchencafe.com/2010/09/healthy-and-delicious-refrigerator-bran-muffins.html)

[Healthy Banana Bran Muffins](http://www.melskitchencafe.com/2012/06/healthy-banana-oat-bran-muffins.html)

[Granola](http://www.melskitchencafe.com/2009/10/coconut-and-cashew-granola.html) over [Yogurt](http://www.melskitchencafe.com/2013/01/diy-homemade-yogurt.html)

[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)

Scrambled Eggs and Toast

French Toast (made with homemade bread)

**Vegetables/Produce:**

**Meat/Cheese:**

**Milk/Dairy/Eggs:**

**Baking/Spices:**

**Breads/Buns:**

**Canned Goods:**

**Jarred Goods:**

**Dry Goods (pasta, crackers, etc.)**

**Frozen:**