

## Menu Plan #6: 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="#">Italian Lasagna Rolls</a>  <a href="#">Vegetable Sauté with Simple Crème Sauce</a>  <a href="#">Divine Breadsticks</a>  <i>Dessert:</i> <a href="#">Pretzel and Toffee Peanut Butter Chocolate Brownies</a>	<a href="#">Black Bean and Sweet Potato Burrito</a>  Fresh Seasonal Fruit/Vegetables  <a href="#">Classic Orange Julius</a>	<a href="#">Creamy Swiss Chicken Bake</a>  <a href="#">Perfect Brown Rice</a> or White Rice  Green Salad	<a href="#">Tex-Mex Enchilada Casserole</a>  Steamed Broccoli	Leftover Night! <i>(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!)</i>	<a href="#">Super Simple Spicy Thai Noodles</a>  Shrimp or Grilled Chicken  Fresh Seasonal Fruit/Vegetables	<a href="#">Homemade Pizza</a> or <a href="#">Grilled Pizza</a>  <a href="#">Honeydew, Blueberry and Mango Salad with Lime-Ginger Reduction</a>

### **Treats to Make:**

[Sugar Cookie Bars](#)

[Layered Peanut Butter and Milk Chocolate Pudding](#)

**Breakfast Ideas:** For more breakfast ideas click [HERE](#)

[Oatmeal Pancake Mix](#)

[Overnight Maple & Brown Sugar Oatmeal](#)

[Make-Ahead Sausage and Egg Breakfast Bake](#)

[Baked Blueberry Pecan French Toast](#)

[Pumpkin Cinnamon Pull-Apart Bread with Vanilla Glaze](#)

[Refrigerator Bran Muffins](#)

[Healthy Banana Bran Muffins](#)

[Granola](#) over [Yogurt](#)

[Buttermilk Waffles](#) (made with all whole wheat flour)

[Baked Oatmeal](#)

Scrambled Eggs and Toast

French Toast (made with homemade bread)

**Vegetables/Produce:**

**Frozen:**

**Meat/Cheese:**

**Milk/Dairy/Eggs:**

**Baking/Spices:**

**Breads/Buns:**

**Canned Goods:**

**Jarred Goods:**

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