

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 Vegetable Sauté with Simple Crème Sauce Divine Breadsticks <i>Dessert:</i> Pretzel and Toffee Peanut Butter Chocolate Brownies	Black Bean and Sweet Potato Burrito Fresh Seasonal Fruit/Vegetables Classic Orange Julius	Creamy Swiss Chicken Bake Perfect Brown Rice or White Rice Green Salad	Tex-Mex Enchilada Casserole 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>	Super Simple Spicy Thai Noodles Shrimp or Grilled Chicken Fresh Seasonal Fruit/Vegetables	Homemade Pizza or Grilled Pizza Honeydew, Blueberry and Mango Salad with Lime-Ginger Reduction

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.)