

Menu Plan #7: 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
Sweet Balsamic Glazed Pork Loin Fluffy Couscous Steamed Vegetable <i>Dessert:</i> Outrageous Eskimo Bars	BBQ Pulled Chicken Sandwiches Homemade Burger Buns My Favorite Coleslaw Recipe	Asian Chicken Lettuce Wraps Fresh Seasonal Fruit/Vegetables	Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i>	Baked Tilapia with Ginger and Cilantro Steamed Vegetable Peach-Orange Smoothie	Cowboy Spaghetti Green Salad Skillet Squash Medley	Homemade Pizza or Grilled Pizza Fresh Seasonal Fruit/Vegetables

Treats to Make:

[Fudgy Toffee Chocolate Chip Bars](#)

[Chewy Granola Bars](#)

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.)