

Fall/Winter Menu Plan #1: 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
Hearty Beef Stew {Slow Cooker} Lion House Dinner Rolls (make double and freeze half for Friday's meal) <i>Dessert:</i> Caramel Crunch Bars	Crispy Chicken Wraps Fresh Fruit/Vegetables Pretzels and Hummus or other Dip	Creamy Garlic Alfredo Sauce Penne Pasta Steamed Veggie and/or Green Salad	Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i>	Chicken and Sausage Jambalaya Steamed Peas or Broccoli	Broccoli and Cheese Soup Lion House Dinner Rolls	Homemade Pizza Fresh Seasonal Fruit/Vegetables

Treats to Make:

[Cowboy Cookies](#)

[Pumpkin Apple Spice Muffins](#)

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: