### 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.

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>Hearty Beef Stew (Slow Cooker)</strong></td>
<td><strong>Crispy Chicken Wraps</strong></td>
<td><strong>Creamy Garlic Alfredo Sauce</strong></td>
<td><strong>Leftover Night! (Or grilled cheese night or breakfast-for-dinner night…you get the idea!)</strong></td>
<td><strong>Chicken and Sausage Jambalaya</strong></td>
<td><strong>Broccoli and Cheese Soup</strong></td>
<td><strong>Homemade Pizza</strong></td>
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<tr>
<td><strong>Lion House Dinner Rolls</strong> (make double and freeze half for Friday’s meal)</td>
<td>Fresh Fruit/Vegetables</td>
<td>Steamed Veggie and/or Green Salad</td>
<td></td>
<td>Steamed Peas or Broccoli</td>
<td>Lion House Dinner Rolls</td>
<td>Fresh Seasonal Fruit/Vegetables</td>
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<tr>
<td>Dessert: Caramel Crunch Bars</td>
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</tbody>
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**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: