**Fall/Winter Menu Plan #2:**

**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.*

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| --- | --- | --- | --- | --- | --- | --- |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  |  |  |
| [Mediterranean Pork with Couscous](http://www.melskitchencafe.com/2011/10/mediterranean-pork-with-couscous-slow-cooker.html)Steamed Vegetable[French Bread Rolls](http://www.melskitchencafe.com/2007/12/french-bread-rolls.html)  (make extra in sub shape and freeze to use later for meatball subs)*Dessert:*[Chocolate Chip Cake](http://www.melskitchencafe.com/2009/05/chocolate-chip-cake.html) | [Tomato Bisque Soup](http://www.melskitchencafe.com/2010/03/tomato-bisque-soup-and-a-few-housekeeping-items.html)Grilled Cheese SandwichesFresh Vegetables | [Meatball Subs](http://www.melskitchencafe.com/2010/04/italian-meatball-subs.html)Fresh Fruit/VegetablesChips/Pretzels | Leftover Night!*(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [Baked Chicken Nuggets](http://www.melskitchencafe.com/2011/04/healthy-chicken-nuggets-baked.html)[Sweet Potato Fries](http://www.melskitchencafe.com/2011/03/sweet-potato-fries.html)Fresh Fruit | [Lasagna Soup](http://www.melskitchencafe.com/2011/11/lasagna-soup.html)[Divine Breadsticks](http://www.melskitchencafe.com/2009/10/divine-breadsticks-2.html)[Gourmet Green Salad](http://www.melskitchencafe.com/2010/05/gourmet-green-salad.html) | [Homemade Pizza](http://www.melskitchencafe.com/2010/02/homemade-pizza-new-and-improved.html) Fresh Seasonal Fruit/Vegetables |

**Treats to Make:**

[Chocolate Toffee Brownie Bites](http://www.melskitchencafe.com/2009/12/sugar-rush-8-chocolate-toffee-brownie-bites.html)

[Pumpkin Cobbler](http://www.melskitchencafe.com/2010/11/pumpkin-cobbler.html)2

**Breakfast Ideas:**

[Oatmeal Pancake Mix](http://www.melskitchencafe.com/2009/09/oatmeal-pancake-mix.html)

French Toast (made with homemade bread)

[Refrigerator Bran Muffins](http://www.melskitchencafe.com/2010/09/healthy-and-delicious-refrigerator-bran-muffins.html)

Scrambled Eggs and Toast

[Granola](http://www.melskitchencafe.com/2009/10/coconut-and-cashew-granola.html) over yogurt

[Buttermilk Waffles](http://www.melskitchencafe.com/2008/02/classic-buttermilk-waffles-with-cheese.html) (made with all whole wheat flour)

[Baked Oatmeal](http://www.melskitchencafe.com/2009/07/baked-oatmeal.html)

**Vegetables/Produce:**

**Meat/Cheese:**

**Milk/Dairy/Eggs:**

**Baking/Spices:**

**Breads/Buns:**

**Canned Goods:**

**Jarred Goods:**

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

**Frozen:**