**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.

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mediterranean Pork with Couscous</td>
<td>Tomato Bisque Soup</td>
<td>Meatball Subs</td>
<td>Leftover Night! (Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</td>
<td>Baked Chicken Nuggets</td>
<td>Lasagna Soup</td>
<td>Homemade Pizza</td>
</tr>
<tr>
<td>Steamed Vegetable French Bread Rolls (make extra in sub shape and freeze to use later for meatball subs)</td>
<td>Grilled Cheese Sandwiches</td>
<td>Fresh Fruit/Vegetables</td>
<td>Chips/Pretzels</td>
<td>Sweet Potato Fries</td>
<td>Divine Breadsticks</td>
<td>Fresh Seasonal Fruit/Vegetables</td>
</tr>
</tbody>
</table>

**Dessert:**
Chocolate Chip Cake

**Treats to Make:**
Chocolate Toffee Brownie Bites
Pumpkin Cobbler

**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: