

## Fall/Winter Menu Plan #2: From Mel's Kitchen Café ([www.melskitchencafe.com](http://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
<a href="#">Mediterranean Pork with Couscous</a>  Steamed Vegetable  <a href="#">French Bread Rolls</a> (make extra in sub shape and freeze to use later for meatball subs)  <i>Dessert:</i> <a href="#">Chocolate Chip Cake</a>	<a href="#">Tomato Bisque Soup</a>  Grilled Cheese Sandwiches  Fresh Vegetables	<a href="#">Meatball Subs</a>  Fresh Fruit/Vegetables  Chips/Pretzels	Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i>	<a href="#">Baked Chicken Nuggets</a>  <a href="#">Sweet Potato Fries</a>  Fresh Fruit	<a href="#">Lasagna Soup</a>  <a href="#">Divine Breadsticks</a>  <a href="#">Gourmet Green Salad</a>	<a href="#">Homemade Pizza</a>  Fresh Seasonal Fruit/Vegetables

### **Treats to Make:**

[Chocolate Toffee Brownie Bites](#)

[Pumpkin Cobbler](#)<sup>2</sup>

### **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:**