

Fall/Winter Menu Plan #3: 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 |
|--|---|---|---|---|---|---|
| Chicken Pillows with Creamy Parmesan Sauce Gourmet Green Salad Steamed Vegetable <i>Dessert:</i> Oreo Cheesecake Bites | Boston Clam Chowder Homemade Bread Bowls or French Bread Rolls | Southwest Rice and Bean Salad with Sweet/Spicy Dressing Cheese Quesadillas (optional) Fresh Seasonal Fruit/Vegetables | Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i> | Chicken Apple Sausage Couscous Steamed Vegetable | Hearty Turkey and Bean Chili Cornbread | Homemade Pizza Fresh Seasonal Fruit/Vegetables |

Treats to Make:

[Pumpkin Chocolate Chip Bread](#)
[Healthy Oatmeal Chocolate Chip Cookies](#)

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: