# Fall/Winter Menu Plan #4:
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>Country Style Pork</td>
<td>Chicken Corn Chowder</td>
<td>Skillet Macaroni and Cheese</td>
<td>Leftover Night!  (Or grilled cheese night or breakfast-for-dinner night…you get the idea!)</td>
<td>Creamy White Chicken Chili or Cornbread Muffins or Whole Wheat Dinner Muffins</td>
<td>Sausage and Spinach Skillet Pasta</td>
<td>Homemade Pizza</td>
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<td>Rice</td>
<td>Garlic Knots</td>
<td>Steamed Vegetable and/or Green Salad</td>
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<td><strong>Dessert:</strong></td>
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<td>Apple Cider Pudding Cake</td>
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</tbody>
</table>

**Treats to Make:**
- Double Chocolate M&M Cookies
- Pumpkin Cream Cheese 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:  

Meat/Cheese:  

Milk/Dairy/Eggs:  

Baking/Spices:  

Breads/Buns:  

Canned Goods:  

Dry Goods (pasta, crackers, etc.)