

## Fall/Winter Menu Plan #4: 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="#">Country Style Pork and White Beans</a>  Rice  Steamed Vegetable  <i>Dessert:</i> <a href="#">Apple Cider Pudding Cake</a>	<a href="#">Chicken Corn Chowder</a>  <a href="#">Garlic Knots</a>	<a href="#">Skillet Macaroni and Cheese</a>  Steamed Vegetable and/or Green Salad	Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i>	<a href="#">Creamy White Chicken Chili</a>  <a href="#">Cornbread Muffins</a> or <a href="#">Whole Wheat Dinner Muffins</a>	<a href="#">Sausage and Spinach Skillet Pasta</a>  Steamed Vegetable	<a href="#">Homemade Pizza</a>  Fresh Seasonal Fruit/Vegetables

**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:**

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

**Meat/Cheese:**

**Frozen:**

**Milk/Dairy/Eggs:**

**Baking/Spices:**

**Breads/Buns:**

**Canned Goods:**

**Jarred Goods:**