

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Country Style Pork and White Beans Rice Steamed Vegetable <i>Dessert:</i> Apple Cider Pudding Cake	Chicken Corn Chowder Garlic Knots	Skillet Macaroni and Cheese Steamed Vegetable and/or Green Salad	Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i>	Creamy White Chicken Chili Cornbread Muffins or Whole Wheat Dinner Muffins	Sausage and Spinach Skillet Pasta Steamed Vegetable	Homemade Pizza 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: