**Fall/Winter Menu Plan #1:**

**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.*

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| --- | --- | --- | --- | --- | --- | --- |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  |  |  |
| [Hearty Beef Stew {Slow Cooker}](http://www.melskitchencafe.com/2011/01/hearty-beef-stew-slow-cooker.html)[Lion House Dinner Rolls](http://www.melskitchencafe.com/2008/12/lion-house-dinner-rolls.html) (make double and freeze half for Friday’s meal)*Dessert:*[Caramel Crunch Bars](http://www.melskitchencafe.com/2009/08/caramel-crunch-bars.html) | [Crispy Chicken Wraps](http://www.melskitchencafe.com/2008/06/crispy-chicken-wraps.html)Fresh Fruit/VegetablesPretzels and Hummus or other Dip | [Creamy Garlic Alfredo Sauce](http://www.melskitchencafe.com/2011/10/creamy-garlic-alfredo-sauce-my-go-to-dinner-saver.html)Penne PastaSteamed Veggie and/or Green Salad | Leftover Night!*(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [Chicken and Sausage Jambalaya](http://www.melskitchencafe.com/2011/05/chicken-and-sausage-jambalaya.html)Steamed Peas or Broccoli | [Broccoli and Cheese Soup](http://www.melskitchencafe.com/2008/12/broccoli-cheese-soup.html)[Lion House Dinner Rolls](http://www.melskitchencafe.com/2008/12/lion-house-dinner-rolls.html) | [Homemade Pizza](http://www.melskitchencafe.com/2010/02/homemade-pizza-new-and-improved.html) Fresh Seasonal Fruit/Vegetables |

**Treats to Make:**

[Cowboy Cookies](http://www.melskitchencafe.com/2011/05/cowboy-cookies.html)

[Pumpkin Apple Spice Muffins](http://www.melskitchencafe.com/2008/10/pumpkin-apple-spice-muffins.html)

**Breakfast Ideas:**

[Oatmeal Pancake Mix](http://www.melskitchencafe.com/2009/09/oatmeal-pancake-mix.html)

French Toast (made with homemade bread)

[Refrigerator Bran Muffins](http://www.melskitchencafe.com/2010/09/healthy-and-delicious-refrigerator-bran-muffins.html)

Scrambled Eggs and Toast

[Granola](http://www.melskitchencafe.com/2009/10/coconut-and-cashew-granola.html) over yogurt

[Buttermilk Waffles](http://www.melskitchencafe.com/2008/02/classic-buttermilk-waffles-with-cheese.html) (made with all whole wheat flour)

[Baked Oatmeal](http://www.melskitchencafe.com/2009/07/baked-oatmeal.html)

**Vegetables/Produce:**

**Meat/Cheese:**

**Milk/Dairy/Eggs:**

**Baking/Spices:**

**Breads/Buns:**

**Canned Goods:**

**Jarred Goods:**

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

**Frozen:**