**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.*

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| --- | --- | --- | --- | --- | --- | --- |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  |  |  |
| [Chicken Pillows with Creamy Parmesan Sauce](http://www.melskitchencafe.com/2011/07/chicken-pillows-with-creamy-parmesan-sauce.html)  [Gourmet Green Salad](http://www.melskitchencafe.com/2010/05/gourmet-green-salad.html)  Steamed Vegetable  *Dessert:*  [Oreo Cheesecake Bites](http://www.melskitchencafe.com/2011/08/oreo-cheesecake-bites.html) | [Boston Clam Chowder](http://www.melskitchencafe.com/2009/10/my-favorite-boston-clam-chowder.html)  Homemade [Bread Bowls](http://www.melskitchencafe.com/2008/11/my-favorite-bread-bowls.html) or [French Bread Rolls](http://www.melskitchencafe.com/2007/12/french-bread-rolls.html) | [Southwest Rice and Bean Salad with Sweet/Spicy Dressing](http://www.melskitchencafe.com/2009/09/tamis-southwest-rice-and-bean-salad.html)  Cheese Quesadillas (optional)  Fresh Seasonal Fruit/Vegetables | Leftover Night!  *(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [Chicken Apple Sausage Couscous](http://www.melskitchencafe.com/2011/10/chicken-apple-sausage-couscous.html)  Steamed Vegetable | [Hearty Turkey and Bean Chili](http://www.melskitchencafe.com/2011/10/hearty-turkey-chili.html)  [Cornbread](http://www.melskitchencafe.com/2009/08/the-cornbread-and-fluffy-honey-butter.html) | [Homemade Pizza](http://www.melskitchencafe.com/2010/02/homemade-pizza-new-and-improved.html)  Fresh Seasonal Fruit/Vegetables |

**Treats to Make:**

[Pumpkin Chocolate Chip Bread](http://www.melskitchencafe.com/2010/10/perfect-pumpkin-chocolate-chip-bread.html)

[Healthy Oatmeal Chocolate Chip Cookies](http://www.melskitchencafe.com/2011/09/healthy-oatmeal-chocolate-chip-cookies.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:**