**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.*

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| --- | --- | --- | --- | --- | --- | --- |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  |  |  |
| [Country Style Pork and White Beans](http://www.melskitchencafe.com/2010/11/country-style-pork-and-white-beans-slow-cooker.html)  Rice  Steamed Vegetable  *Dessert:*  [Apple Cider Pudding Cake](http://www.melskitchencafe.com/2009/08/apple-cider-pudding-cake.html) | [Chicken Corn Chowder](http://www.melskitchencafe.com/2009/10/chicken-corn-chowder.html)  [Garlic Knots](http://www.melskitchencafe.com/2009/04/garlic-knots.html) | [Skillet Macaroni and Cheese](http://www.melskitchencafe.com/2009/03/skillet-creamy-macaroni-and-cheese.html)  Steamed Vegetable and/or Green Salad | Leftover Night!  *(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [Creamy White Chicken Chili](http://www.melskitchencafe.com/2008/09/creamy-white-chili.html)  [Cornbread Muffins](http://www.melskitchencafe.com/2008/11/cornbread-muffins.html) or [Whole Wheat Dinner Muffins](http://www.melskitchencafe.com/2011/05/whole-wheat-dinner-muffins.html) | [Sausage and Spinach Skillet Pasta](http://www.melskitchencafe.com/2009/08/sausage-and-spinach-penne-skillet-supper.html)  Steamed Vegetable | [Homemade Pizza](http://www.melskitchencafe.com/2010/02/homemade-pizza-new-and-improved.html)  Fresh Seasonal Fruit/Vegetables |

**Treats to Make:**

[Double Chocolate M&M Cookies](http://www.melskitchencafe.com/2010/05/double-chocolate-mm-cookies.html)

[Pumpkin Cream Cheese Muffins](http://www.melskitchencafe.com/2009/11/pumpkin-cream-cheese-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:**