**Fall/Winter Menu Plan #6:**

**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** |
|  |  |  |  |  |  |  |
| [Cinnamon and Chili Pork Tenderloin with Apple Salsa](http://www.melskitchencafe.com/2013/09/cinnamon-pork-tenderloin-with-fresh-apple-salsa.html) Steamed Vegetable[French Bread Rolls](http://www.melskitchencafe.com/2007/12/french-bread-rolls.html)  *Dessert:*[White Texas Sheet Cake](http://www.melskitchencafe.com/2013/09/white-texas-sheet-cake.html) | [No-Cream Creamy Basil Spinach Soup](http://www.melskitchencafe.com/2013/09/creamy-spinach-soup.html)Grilled Cheese SandwichesFresh Vegetables | [Thai Green Curry Meatballs](http://www.melskitchencafe.com/2013/09/thai-green-curry-meatballs.html)RiceFresh Fruit/Vegetables | Leftover Night!*(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [Jalapeno Cheddar Turkey Burgers](http://www.melskitchencafe.com/2013/08/jalapeno-cheddar-turkey-burgers.html)[Sweet Potato Fries](http://www.melskitchencafe.com/2011/03/sweet-potato-fries.html)Fresh FruitChips/Pretzels | [Hoisin Rice Noodles with Shrimp](http://www.melskitchencafe.com/2013/08/hoisin-rice-noodles-with-shrimp-or-chicken-or-pork-or.html)Fresh Fruit/Vegetables | [Homemade Pizza](http://www.melskitchencafe.com/2010/02/homemade-pizza-new-and-improved.html) Fresh Seasonal Fruit/Vegetables |

**Treats to Make:**

[No-Bake Healthy Granola Bites](http://www.melskitchencafe.com/2013/08/no-bake-healthy-granola-bites.html)

[Pumpkin Blondies with Chocolate Chips](http://www.melskitchencafe.com/2012/10/pumpkin-blondies-with-chocolate-chips.html)

**Breakfast Ideas:** For more breakfast ideas click [HERE](http://www.melskitchencafe.com/recipe-index/breakfast)

[Em’s Famous Overnight Oatmeal Cinnamon Pancakes](http://www.melskitchencafe.com/2013/08/ems-famous-overnight-oatmeal-cinnamon-pancakes.html)

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

[Overnight Maple & Brown Sugar Oatmeal](http://www.melskitchencafe.com/2012/03/overnight-maple-brown-sugar-oatmeal.html)

[Make-Ahead Sausage and Egg Breakfast Bake](http://www.melskitchencafe.com/2012/07/make-ahead-sausage-and-egg-breakfast-bake.html)

[Baked Blueberry Pecan French Toast](http://www.melskitchencafe.com/2009/07/baked-blueberry-pecan-french-toast.html)

[Pumpkin Cinnamon Pull-Apart Bread with Vanilla Glaze](http://www.melskitchencafe.com/2012/11/pumpkin-cinnamon-pull-apart-bread-with-vanilla-glaze.html)

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

[Healthy Banana Bran Muffins](http://www.melskitchencafe.com/2012/06/healthy-banana-oat-bran-muffins.html)

[Granola](http://www.melskitchencafe.com/2009/10/coconut-and-cashew-granola.html) over [Yogurt](http://www.melskitchencafe.com/2013/01/diy-homemade-yogurt.html)

[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)

Scrambled Eggs and Toast

French Toast (made with homemade bread)

**Vegetables/Produce:**

**Meat/Cheese:**

**Milk/Dairy/Eggs:**

**Baking/Spices:**

**Breads/Buns:**

**Canned Goods:**

**Jarred Goods:**

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

**Frozen:**