**Fall/Winter Menu Plan #7:**

**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** |
|  |  |  |  |  |  |  |
| [Braised Brisket with Mushrooms](http://www.melskitchencafe.com/2012/01/delicious-braised-brisket-with-mushrooms.html)[Salt Crusted Potatoes with Fresh Rosemary](http://www.melskitchencafe.com/2013/10/salt-crusted-potatoes-with-fresh-rosemary.html)[Gourmet Green Salad](http://www.melskitchencafe.com/2010/05/gourmet-green-salad.html)*Dessert:*[Caramel Apple Cider Floats](http://www.melskitchencafe.com/2012/10/caramel-apple-cider-floats.html) | [Italian Lasagna Rolls](http://www.melskitchencafe.com/2013/04/italian-lasagna-rolls-and-a-reminder.html)[Cheesy Garlic Bread](http://www.melskitchencafe.com/2010/03/cheesy-garlic-bread.html) | [Black Bean and Sweet Potato Burritos](http://www.melskitchencafe.com/2013/02/black-bean-and-sweet-potato-burritos.html)Fresh Seasonal Fruit/Vegetables | Leftover Night!*(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [Garlic Shrimp in Coconut Lime Tomato Sauce](http://www.melskitchencafe.com/2013/05/light-and-healthy-shrimp-in-coconut-lime-tomato-sauce.html)Cooked Basmati RiceSteamed Vegetable | [Slow Cooker Tomato Basil Soup](http://www.melskitchencafe.com/2013/03/slow-cooker-tomato-basil-soup.html)Homemade [Bread Bowls](http://www.melskitchencafe.com/2008/11/my-favorite-bread-bowls.html) | [Homemade Pizza](http://www.melskitchencafe.com/2010/02/homemade-pizza-new-and-improved.html) Fresh Seasonal Fruit/Vegetables |

**Treats to Make:**

[Peanut Butter Cookie Dough Dip](http://www.melskitchencafe.com/2013/05/peanut-butter-cookie-dough-dip.html)

[Fudgy Toffee Chocolate Chip Cookie Bars](http://www.melskitchencafe.com/2013/03/fudge-and-toffee-chocolate-chip-cookie-bars.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:**