**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** |
|  |  |  |  |  |  |  |
| [Sweet Balsamic Glazed Pork Loin](http://www.melskitchencafe.com/2011/09/sweet-balsamic-glazed-pork-loin-slow-cooker.html)  [Fluffy Couscous](http://www.melskitchencafe.com/2010/01/fluffy-couscous.html)  Steamed Vegetable  *Dessert:*  [Outrageous Eskimo Bars](http://www.melskitchencafe.com/2013/04/outrageous-eskimo-bars.html) | [BBQ Pulled Chicken Sandwiches](http://www.melskitchencafe.com/2011/09/bbq-pulled-chicken-sandwiches-slow-cooker.html)  [Homemade Burger Buns](http://www.melskitchencafe.com/2007/12/french-bread-rolls.html)  *.*  [My Favorite Coleslaw Recipe](http://www.melskitchencafe.com/2013/02/my-favorite-coleslaw-recipe.html) | [Asian Chicken Lettuce Wraps](http://www.melskitchencafe.com/2013/01/asian-chicken-lettuce-wraps-quick-and-delish.html)  Fresh Seasonal Fruit/Vegetables | Leftover Night!  *(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [Baked Tilapia with Ginger and Cilantro](http://www.melskitchencafe.com/2013/01/baked-tilapia-with-ginger-and-cilantro.html)  Steamed Vegetable  [Peach-Orange Smoothie](http://www.melskitchencafe.com/2012/08/peach-orange-smoothie.html) | [Cowboy Spaghetti](http://www.melskitchencafe.com/2013/03/cowboy-spaghetti.html)  Green Salad  [Skillet Squash Medley](http://www.melskitchencafe.com/2010/08/skillet-squash-medley.html) | [Homemade Pizza](http://www.melskitchencafe.com/2010/02/homemade-pizza-new-and-improved.html) or [Grilled Pizza](http://www.melskitchencafe.com/2011/07/grilled-pizza-how-to.html)  Fresh Seasonal Fruit/Vegetables |

**Treats to Make:**

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

[Chewy Granola Bars](http://www.melskitchencafe.com/2013/01/chewy-granola-bars.html)

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

[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:**