Fall/Winter Menu Plan #2: 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
<u>Mediterranean</u>	Tomato Bisque	Meatball Subs	Leftover Night!	Baked Chicken	Lasagna Soup	Homemade Pizza
Pork with	<u>Soup</u>		(Or grilled cheese	<u>Nuggets</u>		
Couscous		Fresh	night or breakfast-for- dinner nightyou get		<u>Divine Breadsticks</u>	Fresh Seasonal
	Grilled Cheese	Fruit/Vegetables	the idea!)	Sweet Potato Fries		Fruit/Vegetables
Steamed Vegetable	Sandwiches		,		Gourmet Green	
		Chips/Pretzels		Fresh Fruit	<u>Salad</u>	
French Bread Rolls	Fresh Vegetables					
(make extra in sub shape and freeze to use						
later for meatball subs)						
Dessert:						
Chocolate Chip						
<u>Cake</u>						

Treats to Make:

Chocolate Toffee Brownie Bites

Pumpkin Cobbler2

Breakfast Ideas:

Oatmeal Pancake Mix

French Toast (made with homemade bread)

Refrigerator Bran Muffins

Scrambled Eggs and Toast

Granola over yogurt

Buttermilk Waffles (made with all whole wheat flour)

Baked Oatmeal

Vegetables/Produce:	Dry Goods (pasta, crackers, etc.)
Meat/Cheese:	Frozen:
Milk/Dairy/Eggs:	
Baking/Spices:	
Breads/Buns:	
Canned Goods:	
Jarred Goods:	