

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.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|---|--|---|
| Mexican Lasagna Cornbread Green Salad Steamed Broccoli <i>Dessert:</i> Coconut Tres Leches Cake | Summer Garden Vegetable Soup French Bread Rolls | Grilled Marinated Pork Tenderloin Guacamole Salad Sweet Potato Fries | Leftover Night! <i>(If you have leftover pork tenderloin from yesterday, consider using it in a quesadilla, if not, use other leftovers, make breakfast-for-dinner, whatever you do – make your life easy!)</i> | Bourbon Chicken Baked Brown Rice Steamed Peas | Fusilli alla Caprese Divine Breadsticks Perfect Corn on the Cob or other Vegetable | Homemade Pizza or Grilled Pizza <i>(Consider changing it up a little and making a margherita pizza with fresh basil and mozzarella if you have any leftover from last night's dinner)</i> Fresh Seasonal Fruit/Vegetables |

Treats to Make:

[Whole Wheat Chocolate Chip Cookies](#)

[Chocolate Orange Swirl Muffins](#)

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: