**Summer 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** |
|  |  |  |  |  |  |  |
| [Taco Salad Dippers](http://www.melskitchencafe.com/2010/07/taco-salad-dippers.html)  Toppings  Steamed Broccoli  *Dessert:*  [Chocolate-Mint Chip Ice Cream Sandwiches](http://www.melskitchencafe.com/2011/08/chocolate-mint-chip-ice-cream-sandwiches.html) | [Grilled Island Chicken](http://www.melskitchencafe.com/2010/05/grilled-island-chicken-2.html)  [Confetti Rice and Bean Salad](http://www.melskitchencafe.com/2011/09/confetti-rice-and-bean-salad.html)  Fresh Fruit/Vegetables | [Creamy Garlic Alfredo Sauce](http://www.melskitchencafe.com/2011/10/creamy-garlic-alfredo-sauce-my-go-to-dinner-saver.html)  Penne Pasta  Steamed Veggie and/or Green Salad | Leftover Night!  *(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [BBQ Pulled Pork Sandwiches](http://www.melskitchencafe.com/2010/08/bbq-pulled-pork-sandwiches-slow-cooker.html)  Chips/Crackers  Fresh Fruit/Vegetables | [Southwestern Cobb Salad with Green Goddess Dressing](http://www.melskitchencafe.com/2010/07/southwestern-cobb-salad-with-green-goddess-dressing.html)  Crusty Rolls | [Grilled Pizza](http://www.melskitchencafe.com/2011/07/grilled-pizza-how-to.html)  Fresh Fruit/Vegetables |

**Breakfast Ideas:**

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

French Toast (made with homemade bread)

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

Scrambled Eggs and Toast

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

[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)

[Overnight Slow Cooker Oatmeal](http://www.melskitchencafe.com/2012/03/overnight-maple-brown-sugar-oatmeal.html)

**Vegetables/Produce:**

**Meat/Cheese:**

**Milk/Dairy/Eggs:**

**Baking/Spices:**

**Breads/Buns:**

**Canned Goods:**

**Jarred Goods:**

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

**Frozen:**