**Summer Menu Plan #3:**

**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** |
|  |  |  |  |  |  |  |
| [Paprika Chicken Stroganoff](http://www.melskitchencafe.com/2012/04/paprika-chicken-stroganoff.html)  Green Salad  Steamed Vegetable  *Dessert:*  [Avalanche Bars](http://www.melskitchencafe.com/2011/03/chocolate-blizzard-bars-avalanche-bars-too.html) | [Grilled Pork Chops](http://www.melskitchencafe.com/2010/05/tender-grilled-pork-chops.html)  [Southwest Rice and Bean Salad with Sweet and Spicy Dressing](http://www.melskitchencafe.com/2009/09/tamis-southwest-rice-and-bean-salad.html)  Fresh Fruit | [Smoked Turkey Cobb Wraps](http://www.melskitchencafe.com/2012/01/smoked-turkey-cobb-wraps.html)  Chips/Crackers  [Creamy 5-Cup Fruit Salad](http://www.melskitchencafe.com/2011/01/creamy-5-cup-fruit-salad.html) | Leftover Night!  *(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [Chicken Enchilada Pasta](http://www.melskitchencafe.com/2009/10/chicken-enchilada-pasta.html)  Steamed Broccoli or Peas | [Grilled Steak and Veggie Kebabs](http://www.melskitchencafe.com/2011/06/grilled-steak-and-veggie-kebabs.html)  [Perfect Potato Salad](http://www.melskitchencafe.com/2010/05/perfect-potato-salad-2.html)  Fresh Fruit | [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:**