**Summer 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** |
|  |  |  |  |  |  |  |
| [Grilled Teriyaki Chicken](http://www.melskitchencafe.com/2011/06/grilled-teriyaki-chicken.html)  [Simple Rice Pilaf](http://www.melskitchencafe.com/2012/04/simple-rice-pilaf.html)  Fresh Pineapple  *Dessert:*  [No-Bake Lemon Cheesecake](http://www.melskitchencafe.com/2010/05/lemon-icebox-cheesecake.html) | [Creamy Fettuccine with Ham and Peas](http://www.melskitchencafe.com/2012/04/creamy-fettuccine-with-ham-and-peas.html)  Green Salad | [Coconut Shrimp Curry](http://www.melskitchencafe.com/2012/01/coconut-shrimp-curry-silpat-giveaway.html) *(make extra rice for Friday)*  Steamed Broccoli, Cauliflower or Peas | Leftover Night!  *(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [The Best Chicken Fajitas](http://www.melskitchencafe.com/2010/01/the-best-chicken-fajitas.html)  Fresh Fruit/Vegetables | [Crispy Southwest Chicken Wraps](http://www.melskitchencafe.com/2009/09/crispy-southwest-chicken-wraps.html) *(use rice from Tuesday and leftover fajita meat)*  Cottage Cheese  Fresh Fruit/Vegetables | [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:**