**Summer Menu Plan #12:**

**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.*

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| --- | --- | --- | --- | --- | --- | --- |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  |  |  |
| [Chicken Curry in a Hurry](http://www.melskitchencafe.com/chicken-curry-in-a-hurry/)  Rice  Steamed Vegetable or [Buttery Peas with Thyme](http://www.melskitchencafe.com/buttery-peas-with-thyme/)  *Dessert:*  [No-Bake Dark Chocolate Granola Bites](http://www.melskitchencafe.com/no-bake-dark-chocolate-granola-bites/) | [Skillet Creamy Lemon Chicken Pasta with Broccoli](http://www.melskitchencafe.com/skillet-lemon-chicken-pasta-with-broccoli/)  Fresh Fruit/Vegetables | [Lightened Up Creamy Cajun Chicken Pasta](http://www.melskitchencafe.com/lightened-up-creamy-cajun-chicken-pasta/)  Fresh Fruit/Vegetables  Cottage Cheese | Leftover Night!  *(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [Creamy Tex-Mex Quinoa Dippers](http://www.melskitchencafe.com/creamy-tex-mex-quinoa-dippers/)  Tortilla Chips  [Brazilian Lemonade {Or In Other Words 2-minute Blender Limeade}](http://www.melskitchencafe.com/brazilian-lemonade-or-in-other-words-2-minute-blender-limeade/) | [Greek Pita Salad](http://www.melskitchencafe.com/greek-pita-salad/)  [Grilled Island Chicken](http://www.melskitchencafe.com/grilled-island-chicken-2/)  [Honey Lime Fruit Salad](http://www.melskitchencafe.com/2010/04/honey-lime-fruit-salad.html) | [Grilled Asian Chicken with Peanut Noodles and Cucumber Sambal](http://www.melskitchencafe.com/grilled-asian-chicken-with-peanut-noodles/)  Fresh Fruit/Vegetables |

**Breakfast Ideas:** For more breakfast ideas click [HERE](http://www.melskitchencafe.com/recipe-index/breakfast)

[My Favorite Breakfast Smoothie](http://www.melskitchencafe.com/my-favorite-healthy-breakfast-smoothie-a-k-a-super-food-smoothie/)

[Breakfast Burritos](http://www.melskitchencafe.com/my-favorite-breakfast-burritos/)

[Overnight Oatmeal Cinnamon Pancakes](http://www.melskitchencafe.com/ems-famous-overnight-oatmeal-cinnamon-pancakes/)

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

[Whole Wheat Blender Pancakes](http://www.melskitchencafe.com/whole-wheat-blender-pancakes-my-new-favorite-breakfast/)

[Zephyr Pancakes](http://www.melskitchencafe.com/zephyr-pancakes/)

[Overnight Raised Waffles](http://www.melskitchencafe.com/overnight-raised-waffles/)

[Overnight Steel Cut Oats](http://www.melskitchencafe.com/overnight-steel-cut-oats-favorite-way-to-eat-oatmeal/)

[Overnight Maple and Brown Sugar Oatmeal](http://www.melskitchencafe.com/overnight-maple-brown-sugar-oatmeal/)

[Strawberries and Cream Stuffed French Toast](http://www.melskitchencafe.com/strawberries-and-cream-stuffed-french-toast/)

[Rollup Blender Pancakes](http://www.melskitchencafe.com/rollup-blender-pancakes/)

[Perfect Pumpkin Pancakes](http://www.melskitchencafe.com/perfect-pumpkin-pancakes/)

[Whole Wheat Make -Ahead Pancake Mix](http://www.melskitchencafe.com/whole-wheat-make-ahead-pancake-mix/)

**Vegetables/Produce:**

**Meat/Cheese:**

**Milk/Dairy/Eggs:**

**Baking/Spices:**

**Breads/Buns:**

**Canned Goods:**

**Jarred Goods:**

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

**Frozen:**