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.

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td>Mexican Lasagna</td>
<td>Summer Garden Vegetable Soup</td>
<td>Grilled Marinated Pork Tenderloin</td>
<td>Leftover Night! (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!)</td>
<td>Bourbon Chicken</td>
<td>Fusilli alla Caprese</td>
<td>Homemade Pizza or Grilled Pizza (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)</td>
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<tr>
<td>Cornbread</td>
<td>French Bread Rolls</td>
<td>Guacamole Salad</td>
<td></td>
<td>Baked Brown Rice</td>
<td>Divine Breadsticks</td>
<td>Fresh Seasonal Fruit/Vegetables</td>
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<tr>
<td>Green Salad</td>
<td></td>
<td>Sweet Potato Fries</td>
<td></td>
<td>Steamed Peas</td>
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<td>Steamed Broccoli</td>
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<td>Dessert:</td>
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<tr>
<td>Coconut Tres</td>
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<tr>
<td>Leches Cake</td>
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</tbody>
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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:  

Meat/Cheese:  

Baking/Spices:  

Milk/Dairy/Eggs:  

Frozen:  

Dry Goods (pasta, crackers, etc.)  

Breads/Buns:  

Canned Goods:  

Jarred Goods: