## 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	Grilled Island	Creamy Garlic	Leftover Night!	BBQ Pulled Pork	Southwestern	Grilled Pizza
<b>Dippers</b>	Chicken	Alfredo Sauce	(Or grilled cheese	Sandwiches	Cobb Salad with	
			night or breakfast-for- dinner nightyou get		Green Goddess	Fresh
Toppings	Confetti Rice and	Penne Pasta	the idea!)	Chips/Crackers	Dressing	Fruit/Vegetables
	Bean Salad		,			
Steamed Broccoli		Steamed Veggie		Fresh	Crusty Rolls	
	Fresh	and/or Green Salad		Fruit/Vegetables		
Dessert:	Fruit/Vegetables					
Chocolate-Mint						
Chip Ice Cream						
Sandwiches						

## **Breakfast Ideas:**

Oatmeal Pancake Mix French Toast (made with homemade bread) <u>Refrigerator Bran Muffins</u> Scrambled Eggs and Toast <u>Granola</u> over yogurt <u>Buttermilk Waffles</u> (made with all whole wheat flour) <u>Baked Oatmeal</u> <u>Overnight Slow Cooker Oatmeal</u>

## **Vegetables/Produce:**

Frozen:

Meat/Cheese:

Milk/Dairy/Eggs:

**Baking/Spices:** 

**Breads/Buns:** 

**Canned Goods:** 

Jarred Goods:

Dry Goods (pasta, crackers, etc.)