**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.

<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>Taco Salad Dippers</td>
<td>Grilled Island Chicken</td>
<td>Creamy Garlic Alfredo Sauce</td>
<td>Leftover Night! (Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</td>
<td>BBQ Pulled Pork Sandwiches</td>
<td>Southwestern Cobb Salad with Green Goddess Dressing</td>
<td>Grilled Pizza Fresh Fruit/Vegetables</td>
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<tr>
<td>Toppings</td>
<td>Confetti Rice and Bean Salad</td>
<td>Penne Pasta</td>
<td>Steamed Veggie and/or Green Salad</td>
<td>Chips/Crackers</td>
<td>Fresh Fruit/Vegetables</td>
<td>Crusty Rolls</td>
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<tr>
<td>Steamed Broccoli</td>
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<tr>
<td><strong>Dessert:</strong></td>
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<td>Chocolate-Mint Chip Ice Cream Sandwiches</td>
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</tbody>
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**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
- Overnight Slow Cooker Oatmeal
Vegetables/Produce:

Meat/Cheese:

Milk/Dairy/Eggs:

Baking/Spices:

Breads/Buns:

Canned Goods:

Jarred Goods:

Dry Goods (pasta, crackers, etc.)