

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

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:

Frozen:

Meat/Cheese:

Milk/Dairy/Eggs:

Baking/Spices:

Breads/Buns:

Canned Goods:

Jarred Goods:

Dry Goods (pasta, crackers, etc.)