## Summer Menu Plan #3:
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>Paprika Chicken Stroganoff</td>
<td>Grilled Pork Chops</td>
<td>Smoked Turkey Cobb Wraps</td>
<td>Leftover Night! (Or grilled cheese night or breakfast-for-dinner night…you get the idea!)</td>
<td>Chicken Enchilada Pasta</td>
<td>Grilled Steak and Veggie Kebabs</td>
<td>Grilled Pizza</td>
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<tr>
<td>Green Salad</td>
<td>Southwest Rice and Bean Salad with Sweet and Spicy Dressing</td>
<td>Chips/Crackers</td>
<td></td>
<td>Steamed Broccoli or Peas</td>
<td>Perfect Potato Salad</td>
<td>Fresh Fruit/Vegetables</td>
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<tr>
<td>Steamed Vegetable</td>
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<td>Dessert:</td>
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<tr>
<td>Avalanche Bars</td>
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</tbody>
</table>

**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.)