

## Summer Menu Plan #4: From Mel's Kitchen Café ([www.melskitchencafe.com](http://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
<a href="#">Grilled Teriyaki Chicken</a>  <a href="#">Simple Rice Pilaf</a>  Fresh Pineapple  <i>Dessert:</i> <a href="#">No-Bake Lemon Cheesecake</a>	<a href="#">Creamy Fettuccine with Ham and Peas</a>  Green Salad	<a href="#">Coconut Shrimp Curry</a> <i>(make extra rice for Friday)</i>  Steamed Broccoli, Cauliflower or Peas	Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i>	<a href="#">The Best Chicken Fajitas</a>  Fresh Fruit/Vegetables	<a href="#">Crispy Southwest Chicken Wraps</a> <i>(use rice from Tuesday and leftover fajita meat)</i>  Cottage Cheese  Fresh Fruit/Vegetables	<a href="#">Grilled Pizza</a>  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.)**