**Summer Menu Plan #4:**
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>Grilled Teriyaki Chicken</td>
<td>Creamy Fettuccine with Ham and Peas</td>
<td>Coconut Shrimp Curry <em>(make extra rice for Friday)</em></td>
<td>Leftover Night! <em>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</em></td>
<td>The Best Chicken Fajitas</td>
<td>Crispy Southwest Chicken Wraps <em>(use rice from Tuesday and leftover fajita meat)</em></td>
<td>Grilled Pizza Fresh Fruit/Vegetables</td>
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<td>Simple Rice Pilaf</td>
<td>Green Salad</td>
<td>Steamed Broccoli, Cauliflower or Peas</td>
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<td>Fresh Pineapple</td>
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<td>Dessert:</td>
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<tr>
<td>No-Bake Lemon Cheesecake</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:

Frozen:

Milk/Dairy/Eggs:

Baking/Spices:

Breads/Buns:

Canned Goods:

Jarred Goods:

Dry Goods (pasta, crackers, etc.)