**Summer Menu Plan #5:**

**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** |
|  |  |  |  |  |  |  |
| [Sweet and Spicy Pork Tenderloin](http://www.melskitchencafe.com/2012/06/sweet-and-spicy-pork-tenderloin.html)  Rice  [Mexican Tomato and corn Salad](http://www.melskitchencafe.com/2012/06/mexican-tomato-and-corn-salad.html)  *Dessert:*  [No-Bake Peanut Butter Chocolate Bars](http://www.melskitchencafe.com/2012/07/no-bake-peanut-butter-chocolate-bars.html) | [Zucchini and Yellow Squash Spaghetti](http://www.melskitchencafe.com/2012/07/zucchini-yellow-squash-spaghetti.html)  [Lava Flow Drink](http://www.melskitchencafe.com/2012/06/lava-flow-drink-non-alcoholic.html) | [Grilled Caprese Chicken](http://www.melskitchencafe.com/2012/07/grilled-caprese-chicken.html)  Fresh Fruit/Vegetables  Cottage Cheese | Leftover Night!  *(Or grilled cheese night or breakfast-for-dinner night…you get the idea!)* | [Grilled Steak and Veggie Kebabs](http://www.melskitchencafe.com/2011/06/grilled-steak-and-veggie-kebabs.html)  [Boston Baked Beans](http://www.melskitchencafe.com/2011/06/boston-baked-beans.html)  [Watermelon Frosty](http://www.melskitchencafe.com/2011/07/watermelon-frosty-and-how-to-cut-a-watermelon.html) | [Sante Fe Spice Rubbed Grilled Chicken](http://www.melskitchencafe.com/2011/09/santa-fe-spice-rub-for-grilled-chicken.html)  Chips/Crackers  [Honey Lime Fruit Salad](http://www.melskitchencafe.com/2010/04/honey-lime-fruit-salad.html) | [Grilled Pizza](http://www.melskitchencafe.com/2011/07/grilled-pizza-how-to.html)  Fresh Fruit/Vegetables |

**Breakfast Ideas:** For more breakfast ideas click [HERE](http://www.melskitchencafe.com/recipe-index/breakfast)

[Oatmeal Pancake Mix](http://www.melskitchencafe.com/2009/09/oatmeal-pancake-mix.html)

[Overnight Maple & Brown Sugar Oatmeal](http://www.melskitchencafe.com/2012/03/overnight-maple-brown-sugar-oatmeal.html)

[Make-Ahead Sausage and Egg Breakfast Bake](http://www.melskitchencafe.com/2012/07/make-ahead-sausage-and-egg-breakfast-bake.html)

[Baked Blueberry Pecan French Toast](http://www.melskitchencafe.com/2009/07/baked-blueberry-pecan-french-toast.html)

[Pumpkin Cinnamon Pull-Apart Bread with Vanilla Glaze](http://www.melskitchencafe.com/2012/11/pumpkin-cinnamon-pull-apart-bread-with-vanilla-glaze.html)

[Refrigerator Bran Muffins](http://www.melskitchencafe.com/2010/09/healthy-and-delicious-refrigerator-bran-muffins.html)

[Healthy Banana Bran Muffins](http://www.melskitchencafe.com/2012/06/healthy-banana-oat-bran-muffins.html)

[Granola](http://www.melskitchencafe.com/2009/10/coconut-and-cashew-granola.html) over [Yogurt](http://www.melskitchencafe.com/2013/01/diy-homemade-yogurt.html)

[Buttermilk Waffles](http://www.melskitchencafe.com/2008/02/classic-buttermilk-waffles-with-cheese.html) (made with all whole wheat flour)

[Baked Oatmeal](http://www.melskitchencafe.com/2009/07/baked-oatmeal.html)

Scrambled Eggs and Toast

French Toast (made with homemade bread)

**Vegetables/Produce:**

**Meat/Cheese:**

**Milk/Dairy/Eggs:**

**Baking/Spices:**

**Breads/Buns:**

**Canned Goods:**

**Jarred Goods:**

**Dry Goods (pasta, crackers, etc.)**

**Frozen:**