

## Summer Menu Plan #5: 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="#">Sweet and Spicy Pork Tenderloin</a><br><br>Rice<br><br><a href="#">Mexican Tomato and corn Salad</a><br><br><i>Dessert:</i><br><a href="#">No-Bake Peanut Butter Chocolate Bars</a> | <a href="#">Zucchini and Yellow Squash Spaghetti</a><br><br><a href="#">Lava Flow Drink</a> | <a href="#">Grilled Caprese Chicken</a><br><br>Fresh Fruit/Vegetables<br><br>Cottage Cheese | Leftover Night!<br><i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i> | <a href="#">Grilled Steak and Veggie Kebabs</a><br><br><a href="#">Boston Baked Beans</a><br><br><a href="#">Watermelon Frosty</a> | <a href="#">Sante Fe Spice Rubbed Grilled Chicken</a><br><br>Chips/Crackers<br><br><a href="#">Honey Lime Fruit Salad</a> | <a href="#">Grilled Pizza</a><br><br>Fresh Fruit/Vegetables |

**Breakfast Ideas:** For more breakfast ideas click [HERE](#)

[Oatmeal Pancake Mix](#)

[Overnight Maple & Brown Sugar Oatmeal](#)

[Make-Ahead Sausage and Egg Breakfast Bake](#)

[Baked Blueberry Pecan French Toast](#)

[Pumpkin Cinnamon Pull-Apart Bread with Vanilla Glaze](#)

[Refrigerator Bran Muffins](#)

[Healthy Banana Bran Muffins](#)

[Granola](#) over [Yogurt](#)

[Buttermilk Waffles](#) (made with all whole wheat flour)

[Baked Oatmeal](#)

Scrambled Eggs and Toast

French Toast (made with homemade bread)

**Vegetables/Produce:**

**Frozen:**

**Meat/Cheese:**

**Milk/Dairy/Eggs:**

**Baking/Spices:**

**Breads/Buns:**

**Canned Goods:**

**Jarred Goods:**

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