

Summer Menu Plan #12: 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
Chicken Curry in a Hurry Rice Steamed Vegetable or Buttery Peas with Thyme <i>Dessert:</i> No-Bake Dark Chocolate Granola Bites	Skillet Creamy Lemon Chicken Pasta with Broccoli Fresh Fruit/Vegetables	Lightened Up Creamy Cajun Chicken Pasta Fresh Fruit/Vegetables Cottage Cheese	Leftover Night! <i>(Or grilled cheese night or breakfast-for-dinner night...you get the idea!)</i>	Creamy Tex-Mex Quinoa Dippers Tortilla Chips Brazilian Lemonade {Or In Other Words 2-minute Blender Limeade}	Greek Pita Salad Grilled Island Chicken Honey Lime Fruit Salad	Grilled Asian Chicken with Peanut Noodles and Cucumber Sambal Fresh Fruit/Vegetables

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

[My Favorite Breakfast Smoothie](#)

[Breakfast Burritos](#)

[Overnight Oatmeal Cinnamon Pancakes](#)

[Oatmeal Pancake Mix](#)

[Whole Wheat Blender Pancakes](#)

[Zephyr Pancakes](#)

[Overnight Raised Waffles](#)

[Overnight Steel Cut Oats](#)

[Overnight Maple and Brown Sugar Oatmeal](#)

[Strawberries and Cream Stuffed French Toast](#)

[Rollup Blender Pancakes](#)

[Perfect Pumpkin Pancakes](#)

[Whole Wheat Make -Ahead Pancake Mix](#)

Vegetables/Produce:

Frozen:

Meat/Cheese:

Milk/Dairy/Eggs:

Baking/Spices:

Breads/Buns:

Canned Goods:

Jarred Goods:

Dry Goods (pasta, crackers, etc.)