

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Grilled Teriyaki Chicken Simple Rice Pilaf Fresh Pineapple <i>Dessert:</i> No-Bake Lemon Cheesecake	Creamy Fettuccine with Ham and Peas Green Salad	Coconut Shrimp Curry <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>	The Best Chicken Fajitas Fresh Fruit/Vegetables	Crispy Southwest Chicken Wraps <i>(use rice from Tuesday and leftover fajita meat)</i> Cottage Cheese Fresh Fruit/Vegetables	Grilled Pizza 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.)