

# Summer Menu Week #1



| MEALS            |   | NOTES  |
|------------------|---|--|
| <b>SUNDAY</b>    |   |  |
| <i>Breakfast</i> | <a href="#">Oatmeal Casserole</a>         | * Make a double batch of Oatmeal Casserole , divide & freeze.  |
| <i>Lunch</i>     | <a href="#">Strawberry Spinach Salad</a>  |  |
| <i>Dinner</i>    | <a href="#">Country Ribs</a>              | Cheesy Mashed potatoes   |
| <i>Snack</i>     | <a href="#">No Bake Chocolate Cookies</a> |  |
| <b>MONDAY</b>    |   |  |
| <i>Breakfast</i> | <a href="#">Florentine BK Sandwich</a>    | Scrambled eggs/spinach/cheese in English muffin  |
| <i>Lunch</i>     | Loaded Baked Potato                       |  |
| <i>Dinner</i>    | Instant Pot Chicken                       | * Cook extra chicken and shred for lunch on Tuesday  |
| <i>Snack</i>     | Watermelon                                |  |
| <b>TUESDAY</b>   |   |  |
| <i>Breakfast</i> | Cereal/English Muffin/Fruit               |  |
| <i>Lunch</i>     | Chicken Burritos                          |  |
| <i>Dinner</i>    | <a href="#">Meatloaf Muffins</a>          | * Freeze extra for meatloaf sandwiches   |
| <i>Snack</i>     | Key Lime Pie Yogurt                       |  |
| <b>WEDNESDAY</b> |   |  |
| <i>Breakfast</i> | Waffles w/Fruit                           |  |
| <i>Lunch</i>     | Quesadilla                                |  |
| <i>Dinner</i>    | Turkey & Squash Casserole                 | * Freezer meal   |
| <i>Snack</i>     | Watermelon                                |  |
| <b>THURSDAY</b>  |   |  |
| <i>Breakfast</i> | Egg/Swiss Bagel Sandwich                  |  |
| <i>Lunch</i>     | Pineapple & Cottage Cheese                |  |
| <i>Dinner</i>    | Pork Loin & Baked Potatoes                | * Freezer meal   |
| <i>Snack</i>     | Peaches & Whipped Cream                   |  |
| <b>FRIDAY</b>    |   |  |
| <i>Breakfast</i> | Oatmeal                                   |  |
| <i>Lunch</i>     | Egg Salad Sandwiches                      |  |
| <i>Dinner</i>    | <a href="#">Fish Tacos</a>                |  |
| <i>Snack</i>     | Watermelon                                |  |
| <b>SATURDAY</b>  |   |  |
| <i>Breakfast</i> | Hashbrown / Scrambled Eggs                | * Tips: Cook a full bag of Hashbrowns with a half a dozen or more eggs. Divide the left overs into freezer bags for quick breakfast/lunch burritos later in the month. ** Cook a double or triple batch of rice and freeze for later meals in the month. |
| <i>Lunch</i>     | Turkey/Swiss Bagel Sandwich               |  |
| <i>Dinner</i>    | BBQ Teriyaki Chicken Strips               |  |
|                  | Cilantro Rice / Grilled Pineapple         |  |
| <i>Snack</i>     | Popcorn & Chocolate Movie Night           | ***Buy Cilantro in bulk to chop and freeze.  |