

# Summer 6 Week Dinner Menu

*\* denotes a planned over match up, so make double of what is in quotes.*

*Mondays: Mexican Night; Tuesdays: Grill or Bake night; Wednesdays: Vegetarian Meal; Thursdays: Cold Dinner Night; Fridays: Pizza Night; Saturdays: Cook Double Night; Sunday: Cook's Off Night! (Breakfast for Dinner usually)*

## Week 1

**Monday:** Double Decker Tacos (\*soaked beans)

**Tuesday:** Grilled BBQ or Teriyaki Chicken & veggies (\*grilled plain chicken)

**Wednesday:** Beans\* & Rice & Cheese

**Thursday:** BLT's, pickles, & chips (\*bacon)

**Friday:** Chicken, Bacon & Artichoke Pizza\*

**Saturday:** Cappalini Pomodoro (fresh tomato pasta)

## Week 2

**Monday:** Taco Salad

**Tuesday:** Lemon Basil Tilapia, Roasted Cauliflower & Rice with Lemon & Dill

**Wednesday:** Tomato Soup & Focaccia

**Thursday:** Sub Sandwiches, pickles, chips & onion dip

**Friday:** Meat Lovers Pizza & salad

**Saturday:** Penne with Artichoke Hearts & Tomato

## Week 3

**Monday:** Nachos

**Tuesday:** Grilled Teriyaki Salmon w/ veggies (\*Salmon)

**Wednesday:** Beef Dip Sandwiches

**Thursday:** Grilled \*Salmon on Salad

**Friday:** Fresh Tomato & Basil Pizza

**Saturday:** Falafel & Tzatziki Sauce

## Week 4

**Monday:** Lime Chicken Soft Tacos

**Tuesday:** Greek Burgers

**Wednesday:** Lettuce Wraps

**Thursday:** Taco Salad

**Friday:** Pepperoni Pizza & Salad

**Saturday:** Sauce Pot Meatball Subs

## Week 5

**Monday:** 7 Layer Bean Dip

**Tuesday:** Lemon Butter Chicken & Rice (\*chicken)

**Wednesday:** Tomato Soup & Focaccia

**Thursday:** Greek Salad with Chicken\*

**Friday:** Sausage Pizza & Salad

**Saturday:** Beans & Rice & Cheese

## Week 6

**Monday:** Lime Steak Fajitas, Salsa, Guacamole

**Tuesday:** Salmon Patties (Reg. or Asian) & veggies

**Wednesday:** Taco Salad (\*ground beef)

**Thursday:** Crock pot Tortellini

**Friday:** Baked Potato Pizza

**Saturday:** \*Beef Stroganoff & Rice, with broccoli

## EZ Meal Substitutions:

- Baked Potatoes (bacon, chives, cheese, or chili baked potato)
- Chili/Frito Pie
- Tacos/Taco Salad
- Bacon Cheeseburger Rice
- Lime Chicken Tacos
- Beenie-Weenie

