

# Easy Early Summer Menu + Shopping List

## *Monday*

- Grilled Sausages with [Addictive Tomato Chutney](#)
- [Caesar Slaw with Bacon](#)
- [Grilled Potato Planks](#)

## *Tuesday*

- [Greek Tuna-Tomato Salad](#) served on lettuce
- [Easy Artisan Bread](#) (make one loaf in the morning, keep the other for Thursday)

## *Wednesday*

- [Simple Sausage & Corn Tart](#)
- [Kale Cranberry Salad Recipe with Feta & Pecans](#)

## *Thursday*

- [Sausage & Corn Stuffed Zucchini](#)
- Sliced tomatoes drizzled with olive oil and balsamic
- [Easy Artisan Bread](#) (SO good topped with the tomatoes)

## *Friday*

- [Greek Style Shrimp Orzo](#)
- Green Salad with [Homemade Vinaigrette 4 Ways](#)

## *Saturday*

- [Easy Homemade Pizza](#) OR Leftover Night

## *Sunday*

- Grilled Chicken marinated in [Honey Mustard Dressing](#) (Optional: grill extra for Monday's bonus meal)
- [Grilled Seasonal Vegetables](#) brushed with Honey Mustard Dressing
- [Easy Slow Cooker Curried Barley](#)
- [Simple Summer Berry Parfaits](#)

*Bonus Monday Meal Using Grilled Chicken:* [Spicy Chicken Noodle Salad](#)

# Shopping List: Early Summer Menu

- Pasta: 8 oz. orzo + favorite noodles if making bonus meal
- 1-1/2 c. barley
- 1 can (or 1-1/2 c. cooked) garbanzo beans
- 1 lb. Italian link sausage to grill + 1 lb. ground (1/2 for stuffed zucchini, 1/2 for tart)
- 1 whole chicken, cut up (or enough chicken pieces to have leftovers)
- 2 cans albacore tuna
- 12-16 oz. shrimp
- 1/2 lb. pepperoni (or meat desired for pizza)
- 3/4 - 1 c. kalamata olives & 1 can regular olives
- 3 eggs
- 3 oz. cream cheese
- 8-10 oz. mozzarella cheese
- 8-10 oz. feta cheese + 4-5 oz. Parmesan cheese
- 1 pt. whipping cream
- Lettuce for 2 meals + 6 oz. spinach
- 1 sm. head cabbage
- seasonal vegetables for cut vegetables and salads (peppers, carrots, etc.)
- 1 bunch kale
- 4-5 onions, 4-5 potatoes, & 4 carrots
- 10 tomatoes
- 1 red sweet pepper
- 4 ears corn (about 4 c.) & 4 sm. to med. zucchini
- 1/2 cup dried cranberries
- seasonal berries (6-8 oz.)
- Flour, etc. for artisan bread & pizza crust
- Sauces, etc.: [Ketchup](#), pizza sauce vinaigrette, 4 c. chicken broth

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