

SUMMER LUNCH MENU

*recipe on ThisPilgrimLife.com

(C) recipe in my cookbook, Family Meals from Scratch in Your Instant Pot

GRAB & GO PICNIC

- dips & spreads :: ranch*, peanut butter*, salsa*, guacamole*, jam*, pimento cheese, hummus (C), barbecue dipping sauce*
- fruit & veg :: apples, clementines, pineapple, grapes, watermelon, carrot sticks, sweet bell pepper slices, cherry tomatoes, celery
- charcuterie :: Italian meat, cheese sticks/slices, assorted nuts, dried fruit, olives, pickles, jerky, fresh bread
- snack food :: pretzels, rice cakes, tortilla chips, crackers, fruit & veg pouches, chips, veggie straws

MAKE-AHEAD || EASY PREP

- tuna salad* or chicken salad*
- sweet broccoli salad*
- fruity couscous salad (C)
- Pepperoni Margherita Pasta Salad (C)
- Simple Summer Pasta Salad*
- PBJ or deli sandwiches
- hard boiled eggs
- yogurt parfaits
- green smoothies
- salad bar :: lettuce, grated carrots, cherry tomatoes, cucumbers, nuts, sunflower seeds, croutones, olives, dried/fresh fruit, cheese, bacon crumbles, eggs, shredded chicken

HOT, QUICK, & EASY

- quesadillas
- grilled cheese/deli sandwiches
- sheetpan nachos*
- Taco Chicken Nachos (C)
- Instant Pot Ramen Noodles*
- chicken nuggets, mac'n'cheese*, & applesauce
- Twisted Stuffed Breadsticks*
- loaded baked potatoes
- Tex-Mex tortilla pizzas*
- Garlic Orzo w/ Bacon & Greens*
- stovetop popcorn*
- homemade pigs in a blanket*
- muffins* :: carrot raisin; nutty blueberry; banana; raisin, date & walnut; chocolate zucchini

FUN & FEASTING

- homemade pizzas
- 30 Minute IP Barbecue Chicken*
- IP Lentil Sloppy Joes*
- 10 Minute Pasta Primavera (C)
- IP Macaroni with Bacon & Peas*
- BYOCharcuterie