

MON (MEMORIAL DAY)



Dr. Pepper Ribs



Potato Salad

TUES (ITALIAN)

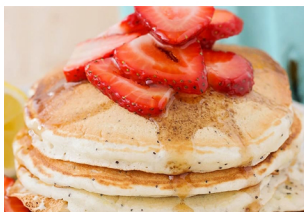


Crock Pot Mac & Cheese



Roasted Brussel Sprouts

WED (BRINNER)



Lemon Poppyseed Pancakes



Strawberry Sauce

THUR (OTHER CUISINE)



Crockpot Cheeseburger Soup



Wedge Salad

FRI (DATE NIGHT)



ENJOY A NIGHT OUT OR EAT LEFTOVERS!

WEEKEND



Baked Salmon



Grilled Asparagus

DESSERT



Red, White & Blue Cake

TIP OF THE WEEK:

For our Dr. Pepper Ribs, don't worry if you don't have access to a grill! Here are some alternate cooking methods:

Oven Method - Follow the recipe exactly the same (boil the ribs), but instead of grilling, put your ribs on a sheet pan, cover with BBQ sauce, and cook in the oven at 350°F for 30-40 minutes.

Slow Cooker Method - Place your racks of ribs in the crock pot, season with salt and pepper, then pour the Dr. Pepper over top. Cook on LOW for 6-8 hours, or HIGH for 4. After they have cooked, remove the liquid from the crockpot add and BBQ sauce to the ribs. Cook for an additional 30 minutes or so.

Click on the photos for recipes or search on lilluna.com

