

**MENU PLAN**  
**FALL/WINTER 2016**

**Week #3**

	<b>Menu Pattern</b>		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Snack</b> Serve one food from at least two food groups of CFG*	Fruits, vegetables and whole grain breads and cereals, meats and alternates, milk and milk products		Cottage cheese and berry spread	Apples and cheese	Oatmeal and fresh fruit	Bagels with cream cheese	Banana smoothie
			Water	Water	Water	Milk	Water
<b>Meal</b> Serve at least one food from each of the four food groups of CFG* plus an additional serving of fruits and vegetables	Main dishes contains one or more of meat, fish, poultry, eggs, cheese or dried legumes -Whole grain breads and cereals -Vegetables – cooked – raw -Fruits or juice -Milk or milk products -Other items		Ham with  Rice, white beans and  Spinach	Beef Pho soup with  Rice noodles and  Vegetables	Lamb chili with sweet potatoes  Whole wheat buns	Chicken with  Pasta and  Broccoli and tomatoes	Turkey with  Spanish tortillas  Onions
			Apples	Berries	Oranges	Apple sauce	Honeydew melon
			Milk/water	Milk/water	Milk/water	Milk/water	Milk/water
<b>Snack</b> Serve one food from at least two food groups of CFG*	Fruits, vegetables and whole grains breads and cereals, meats and alternates, milk and milk products		Pineapple whip	Cucumbers and crackers	Crackers and cheese	Pita chips with Salsa	Vegetable sticks and dip
			Milk/water	Milk/water	Milk/water	Milk/water	Milk/water

\* Canada's Food Guide

Note: A grain product is added to each lunch menu as needed