

MENU PLAN
SPRING/SUMMER 2016

Week #4

	Menu Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Snack 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 Melba toast	Applesauce	Melon salad	Eggs and cheese	Toast with berry spread
		Water	Milk	Milk	Water	Water
Meal 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	Beef soup with whole wheat bun	Teriyaki pork	Ham	Turkey salad on whole wheat buns	Chicken salad wrap
		with Macaroni	with Rice	with Cheese Tortellini		
		and Tomato	and Peas		with Celery	with Avocado
		Apple slices	and Pineapple	Pear slices	and Apple and Cranberry	and Berries
		Milk/water	Milk/water	Milk/water	Milk/water	Milk/water
Snack 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	Cucumber slices and cheese	Zucchini bread	Hummus with crackers	Veggies and dip	Cheese and crackers
		Water	Water	Water	Water	Water

* Canada's Food Guide

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