

**MENU PLAN**  
**FALL/WINTER 2017**

**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	WOW butter and graham crackers	Oatmeal with apple and cinnamon	Bagels and cream cheese	Oatmeal with peach	Banana bread
		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	Greek lamb	Creamy turkey and rice casserole	Butter chicken	Dry garlic pork	Lasagna casserole with ground beef
		With roasted root vegetables	With corn, mushrooms and peas	With cauliflower, coconut	With oriental vegetable mix	Tomato sauce and peppers
		With pita bread		And rice	And rice noodles	
		Oranges	Honeydew melon	Pears	Peaches	Apples
		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	Cucumbers and cheese	Chocolate hummus and bread sticks	Pineapple and Melba toast	Watermelon	Vanilla yogourt with cranberries
		Water	Water	Water	Milk	Water

\* Canada's Food Guide

**Note:**

- A grain product is added to each lunch menu as needed
- A late afternoon snack provided 4:30-5:30pm
- One food group needed