

the
MENU PLAN
FALL/WINTER 2018

Week #1

	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	Melba Toast with WOW butter and cranberries	Yogurt with raspberries	Pumpkin loaf	Bagels and cream cheese	Cereal
		Water	Water	Water	Water	Milk
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 contain 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	Pasta	Chicken	Leek & potato soup	Roast turkey	Fish cakes
		with meat and tomato sauce	and white bean chili	with orzo and cheese	with rice, broccoli and cauliflower	with pepper and cucumbers
				Whole wheat bread		
		Pears	Oranges	Cantaloupe	Bananas	Apples
		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	Cheese and crackers	Hummus and bread sticks	Apple slices	Rice cakes and watermelon	Salsa and pita bread
		Water	Water	Water	Water	Water

* Canada's Food Guide

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