

MENU PLAN
FALL/WINTER 2018

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 | Applesauce and graham crackers | Bagels and WOW butter | Yogurt and pineapple | Rice cake with WOW butter and berry spread | Arrowroot cookies and cranberries |
| | | Water | Water | Water | 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 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 | Sweet potato, black bean and lentil casserole | Roast chicken | Swedish meatballs | Roast pork | Turkey noodle soup |
| | | with couscous | with cauliflower, carrots | with peas | with mushrooms, garlic parsley | with bread |
| | | | and Pita bread | and pasta | brown rice and mixed vegetables | |
| | | Mango | Bananas | Pears | Oranges | Pineapple |
| | | 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 | Salsa and Pita bread | Cheese and Melba toast | Cucumbers and crackers | Apples and cheese | Bananas and pretzels |
| | | Water | Water | Water | Water | Water |

* Canada's Food Guide

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