

WINTER MENU

DAY	MEAL	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	BREAKFAST	- Yogurt with Granola - Fresh fruit	- WW English muffins with fruit spread - Fresh fruit	- Homemade Oatmeal cookies - Fresh fruit	- Breakfast Hash Scramble - Fresh fruit
	LUNCH	- BBQ chicken, veggies - Rice	- Macaroni ham and cheese - salad	- Homemade baked or breaded fish - Steamed carrots - Rice	- Beef Chili - Rice
	SNACK	- Veggies with dip -Whole grain crackers -Sliced cheese	- Oatmeal Granola Bars - Rainbow pepper sticks	- Homemade fruit / Vegetable loaf - Fresh fruit	- Fresh salsa - Tortilla chips - Fresh fruit
TUES	BREAKFAST	- WW pancakes - Fresh fruit	- Whole wheat cereal - Fresh fruit	- Yogurt with granola - Fresh fruit	- WW pancakes - Fresh fruit
	LUNCH	- Bruschetta Chicken Bake -Veggies	- Sheppard's Pie with chicken and veggies	- Pasta with beef and vegetable sauce - Cesar salad	- Creamy chicken spaghetti - Salad
	SNACK	- Nut free trail mix - Fresh fruit	- Nut free trail mix - fresh fruit	- Tuna sandwich on WW bread - Cucumber wheels	- Nut free trail mix - Fresh fruit
WED	BREAKFAST	- Unsweetened applesauce - Graham crackers - Fresh fruit	- Eggs and veggie scramble - WW Toast	- WW toast with fruit spread and butter - Fresh fruit	- Yogurt parfait with granola - Fresh fruit
	LUNCH	- BBQ Chicken - Mashed Potatoes - Steamed veggies	- Deconstructed Beef Lasagna - Salad	- Vegetable and cheese frittata - WW dinner roles	- Beef Stroganoff - Salad
	SNACK	- Sliced cheese - Fish crackers - Fresh fruit	- Carrot muffins - fresh fruit	- Veggies, ranch dip - Whole grain crackers	- Fruit Smoothies
THURS	BREAKFAST	- Banana chocolate chip loaf - Fresh fruit	- French toast with fruit puree - Fresh fruit	- Lemon loaf - Fresh fruit	- Banana bread muffins - Fresh fruit
	LUNCH	- Macaroni ham and cheese salad	- Chicken and veggie stir fry - Rice	- Taco salad with fixings - Whole-wheat baked tortilla crisps	- Vegetable, Chicken and cheese Quesadillas
	SNACK	- Veggies - Hummus dip - pita chips	- Rice cakes with cream cheese spread - Fresh fruit	- WW tortilla roll ups with flavoured cream cheese - grated carrots	- Rice cakes with cream cheese spread - Fresh fruit
FRI	BREAKFAST	- Breakfast Hash Scramble - Fresh fruit	- Eggs with spinach and cheese - Fresh Fruit	- Thick fruit smoothies with oats	- WW bagels with butter - Banana slices, and coconut
	LUNCH	- Toasted whole wheat grilled cheese sandwiches - Tomato soup	- WW pita cheese pizza with tomato sauce - Veggies	- Ham & Cheese Wraps - Chicken noodle soup	- Tuna melts on WW bread
	SNACK	- Savory scones - Fresh fruit	- Pepper sticks - hummus and pitas	- Graham Crackers with cream cheese spread - Fresh fruit	- Fresh veggies and dip -Whole wheat crackers -sliced cheese

**** All meals are served with milk and water for drink choices. A vegetarian option is also available.**

All meals follow the Canada Food Guide. **