

MENU PLANNING

Menu examples

This resource provides a four-week menu cycle that incorporates different foods to align with Canada's Food Guide including a variety of colours, shapes, and textures.

These menus include:

- One meal and two snacks daily
- A **dark green vegetable** daily
- Whole grains at every meal
- **Orange vegetables** a few times a week
- A **plant-based entrée** weekly
- One **egg or fish-based** entrée weekly
- Dishes that reflect various cultures and traditions

Week 1

Choice	Monday	Tuesday	Wednesday	Thursday	Friday
Snack – Include a vegetable and fruit choice and <i>at least</i> one choice of protein (Snack A) or whole grain (Snack B)					
Vegetables and Fruits	Frozen fruit	Canned peaches	Applesauce	Strawberries	Banana slices
Whole Grains		Whole grain cereal	Whole wheat toast	Whole wheat pita triangles	Oat granola
Protein	Yogurt	Milk	Hard boiled eggs	Chocolate hummus	Yogurt
Meal/Lunch – Include choices from all food groupings					
Entrée Name	Tomato Beef Pasta Bake	Stuffed Pepper Casserole	Three Bean Chili and Buns	Tuna Sandwiches and Squash Soup	Chicken Caesar Salad Wraps
Vegetables and Fruits (2 choices)	Frozen carrots & peas	Peppers, onions	Tomatoes, corn	Squash Soup	Broccoli florets
	Bananas	Garden salad	Green beans	Green peppers	Romaine lettuce
Whole Grains	Whole wheat pasta	Brown rice	Whole wheat bun	Whole grain bread	Whole wheat tortilla
Iron-rich Protein	Ground beef	Ground turkey or lentils	Mixed canned beans	Tuna	Chicken or tofu
Milk	Milk	Milk	Milk	Milk	Milk
Snack – Include a vegetable and fruit choice and <i>at least</i> one choice of protein (Snack A) or whole grain (Snack B)					
Vegetables and Fruits	Raw vegetables	Cucumbers	Melon slices	Canned pineapple	Carrots
Whole Grains	Whole grain crackers	Whole grain mini bagels		Mini oat muffin	'Carrot cake' oatmeal squares
Protein	Hummus	Spinach dip (cottage cheese)	Cheese cubes	Cottage cheese	



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Week 2

Choice	Monday	Tuesday	Wednesday	Thursday	Friday
Snack – Include a vegetable and fruit choice and <i>at least</i> one choice of protein (Snack A) or whole grain (Snack B)					
Vegetables and Fruits	Canned pears	Fruit salad	Orange peppers, cucumber	Canned pineapple	Frozen berries
Whole Grains	Whole grain cereal	Whole grain cinnamon pita triangles	Whole wheat naan		Whole wheat English muffins
Protein	Milk		Hummus	Cottage cheese	Hard boiled eggs
Meal/Lunch – Include choices from all food groupings					
Entrée Name	Lasagna, Caesar salad and green beans	Salmon & tuna salad sandwiches, raw veggies	Taco casserole with mixed vegetables	Lentil & cauliflower Daal over rice	Broccoli chicken pasta bake
Vegetables and Fruits (2 choices)	Romaine lettuce	Sliced peppers, Carrots, celery	Lettuce, tomatoes, corn	Cauliflower, peas	Broccoli
	Green beans	Romaine lettuce	Frozen carrots & peas	Apple slices	Spinach
Whole Grains	Whole wheat pasta	Whole wheat bread	Quinoa	Brown rice	Whole wheat pasta
Iron-rich Protein	Ground turkey or tofu	Tuna or salmon	Ground beef and/or black beans	Red lentils	Shredded chicken
Milk	Milk	Milk	Milk	Milk	Milk
Snack – Include a vegetable and fruit choice and <i>at least</i> one choice of protein (Snack A) or whole grain (Snack B)					
Vegetables and Fruits	Apple Slices	Bananas	Applesauce	Canned mandarin oranges	Green, red and orange peppers
Whole Grains	Whole wheat crackers	Whole wheat tortillas	Whole grain oat muffins	Homemade granola bars	
Protein		Wowbutter	Milk		Hummus



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Week 3

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Snack – Include a vegetable and fruit choice and <i>at least</i> one choice of protein (Snack A) or whole grain (Snack B)					
Vegetables and Fruits	Frozen berries	Apple slices	Blueberries	Applesauce	Mangoes, strawberries
Whole Grains	Whole wheat toast with cinnamon	Whole wheat crackers		Mini bran muffin	Whole wheat bagel slices
Protein		Cheese cubes	Frozen yogurt		Hard boiled eggs
Meal/Lunch – Include choices from all food groupings					
Entrée Name	Chicken noodle soup	Squash spinach frittata, garden salad	Turkey chili	Chicken (or tofu) stir fry	Lentil sloppy Joes, coleslaw
Vegetables and Fruits (2 choices)	Celery, peas, carrots, onions	Butternut squash, spinach	Canned tomatoes, chopped green peppers	Sliced peppers, mushrooms	Tomatoes
	Frozen strawberries	Garden salad	Corn	Green beans	Coleslaw
Whole Grains	Whole grain roll, whole grain pasta	Whole grain baguette	Whole wheat pita chips	Brown rice	Whole grain bun
Iron-rich Protein	Chopped chicken, white beans	Black beans, eggs	Turkey, red kidney beans	Chicken or tofu	Red lentils
Milk	Milk	Milk	Milk	Milk	Milk
Snack – Include a vegetable and fruit choice and <i>at least</i> one choice of protein (Snack A) or whole grain (Snack B)					
Vegetables and Fruits	Orange slices	Green peppers, carrots	Yellow zucchini spears	Canned pineapple	Grated veggies, chopped spinach
Whole Grains	Whole wheat crackers	Whole grain pita strips	Whole wheat naan		Whole wheat tortillas (veggie pinwheels)
Protein	Deviled eggs	Hummus	Yogurt spinach dip	Cottage cheese	Black bean dip



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Week 4

Choice	Monday	Tuesday	Wednesday	Thursday	Friday
Snack – Include a vegetable and fruit choice and <i>at least</i> one choice of protein (Snack A) or whole grain (Snack B)					
Vegetables and Fruits	Apple slices	Frozen fruit	Canned peaches	Sliced peppers	Frozen berries (popsicles)
Whole Grains	Whole grain crackers	Oatmeal squares	Carrot and raisin bran muffins	Whole grain pitas	Homemade granola bars
Protein	Salmon balls			Hummus	
Meal/Lunch – Include choices from all food groupings					
Entrée Name	Crustless broccoli quiche	Vegetarian lasagna	Fish & vegetable chowder	Green pasta, chicken & sweet potatoes	Pork tenderloin, squash with apples
Vegetables and Fruits (2 choices)	Broccoli	Peas	Potatoes, carrots, celery	Baked sweet potato wedges	Acorn squash and apples
	Diced carrots	Garden salad	Green beans	Spinach, broccoli (blended in a sauce)	Frozen cauliflower broccoli mix
Whole Grains	Whole grain baguette	Whole grain lasagna noodles	Whole wheat crackers	Whole grain pasta	Brown rice
Iron-rich Protein	Eggs , cottage cheese	Tofu, bean purée	Haddock (or other white fish)	Chicken tenders or tempeh	Pork tenderloin
Milk	Milk	Milk, cheese	Milk	Milk	Milk
Snack – Include a vegetable and fruit choice and <i>at least</i> one choice of protein (Snack A) or whole grain (Snack B)					
Vegetables and Fruits	Bananas	Applesauce	Peppers, spinach, tomatoes	Melon slices	Canned fruit cocktail
Whole Grains	Blueberry lemon whole grain muffins	Whole grain banana bread	Mini frittatas	Quinoa balls (Wowbutter)	Whole grain bread
Protein		Wowbutter	Egg, black bean, cheese	Wowbutter	Egg salad

