Week 1/Semaine 1

Sample Menu

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|  | Monday/Lundi | Tuesday/Mardi | Wednesday/Mecredi | Thursday/Jeudi | Friday/Vendredi |
| AM Snack/Collation du Matin | **Yogurt/Yogourt****Fruit****Milk/Lait** | **Oatmeal/Avoine****Fruit****Milk/Lait** | **Pancakes/Crepe****Yogurt/Yogourt****Milk/Lait** | **Bagels/****Cream Cheese/****Fromage a la Crème****Fruit****Milk/Lait** | **Spinach/Épinard****Egg/Oeufs** **Cheese/Fromage****Wraps/Roulés****Milk/Lait** |
| Lunch/Diner | **Beef/Boeuf****Brocoli****Rice/Riz****Bread/Pain****Fruit****Milk/Lait** | **Salmon****Rice/Riz Vegetables/Légume****Bread/Pain****Fruit****Milk/Lait** | **Vegetiarian Chilli/****Chilli végétarien** **Quinoa****Buns/Brioches****Fruit****Milk/Lait** | **Chicken Stew/****Ragoût de poulet** **Bread/Pain****Fruit****Milk/Lait** | **Sloppy Joes****Corn/Mais****Buns/Brioches****Fruit****Milk/Lait** |
| PM Snack/Collation de l’Apres-Midi | **Cheese/Fromage****Crackers/Craquelins** **Water/Eau** | **Veggie platter/****Plateau de légumes****Pita chips/****Chips au pita****Water/Eau** | **Protein balls/****Balles de protéines****Fruit****Water/Eau** | **Banana Bread/****Pain aux banane****Milk/Lait** | **Fruit Salad/****Salade de Fruits** **Social Tea cookies/****Biscuit sociale****Water/Eau** |

■ Milk & alternatives/Lait et substituts

■ Grain products/Produits céréaliers

■ Vegetables & fruits /Légumes & fruits

■ Meat & alternatives/Viandes et substituts