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