

Menu for Eastern Communities

Eating well
is important!



To grow up healthy!

To prevent
diabetes when
I get older!

To prevent
anemia!

To help me
concentrate and stay
calm in school!

To have energy!





The FNQLHSSC is happy to present you with this Nutrition Kit that we hope will be useful to you in providing healthy meals to children and families in your community.

This project is a follow-up to the recommendations of people working in the First Nations Head Start Programs and Child Care services/CPE from the different communities.

Last summer 2004, we conducted a survey throughout the communities, and based on the data collected, we initiated this project. All of the material was developed based on the eating habits and food supply found in the communities.

This kit contains:

- a calendar of menus;
- a recipe book; and,
- a practical handbook.

The calendar of menus:

This calendar is divided into 4 sections representing the four (4) seasons. Each season contains four (4) weeks of menus based on the eating habits and food supply within the four (4) regions, which are symbolized by the four (4) directions: North, South, East and West.

Communities have been divided up into the following groups:

- 1) The menu for the Northern communities applies to the Naskapi community and one Innu community: Matikemosh;
- 2) The menu for the Southern communities is adapted to the Mohawk, Abenaki and Huron-Wendat communities;
- 3) The menu for the Eastern communities applies to (7) Innu communities and also to the Mig'maq communities;
- 4) The menu for the Western communities applies to the Algonquin and Atikamekw communities and also to one Innu community: Mashteuiatsh.

The recipe book:

This book contains 104 recipes which have been adapted to the eating habits and food supplies depending on the season for each of the four (4) regions.

The practical handbook:

You will be provided with useful tips on:

- How to use the menus
- Calculating portions and adjusting recipes
- Purchasing foods
- Cleanliness and hygiene
- Preparing recipes
- Quantities and beverages to serve
- Precautions to take with game meat
- Table of food conservation periods
- List of resources

We hope that this material will contribute to increasing your wish to offer healthy foods to the children and families in your community, as well as helping them growing up healthy and decreasing the risks of developing chronic diseases such as diabetes.

Development of material: Ms. Marie-France David, Dt.P., M.Sc
Design: Ms. Christiane Vincent, graphic designer
Editing: FNQLHSSC Personnel
Printing: Nicole Pageau Enr.

Acknowledgements

The FNQLHSSC wishes to thank all the communities that participated in this project. The time you took to answer the questionnaire greatly contributed to the success of this project.

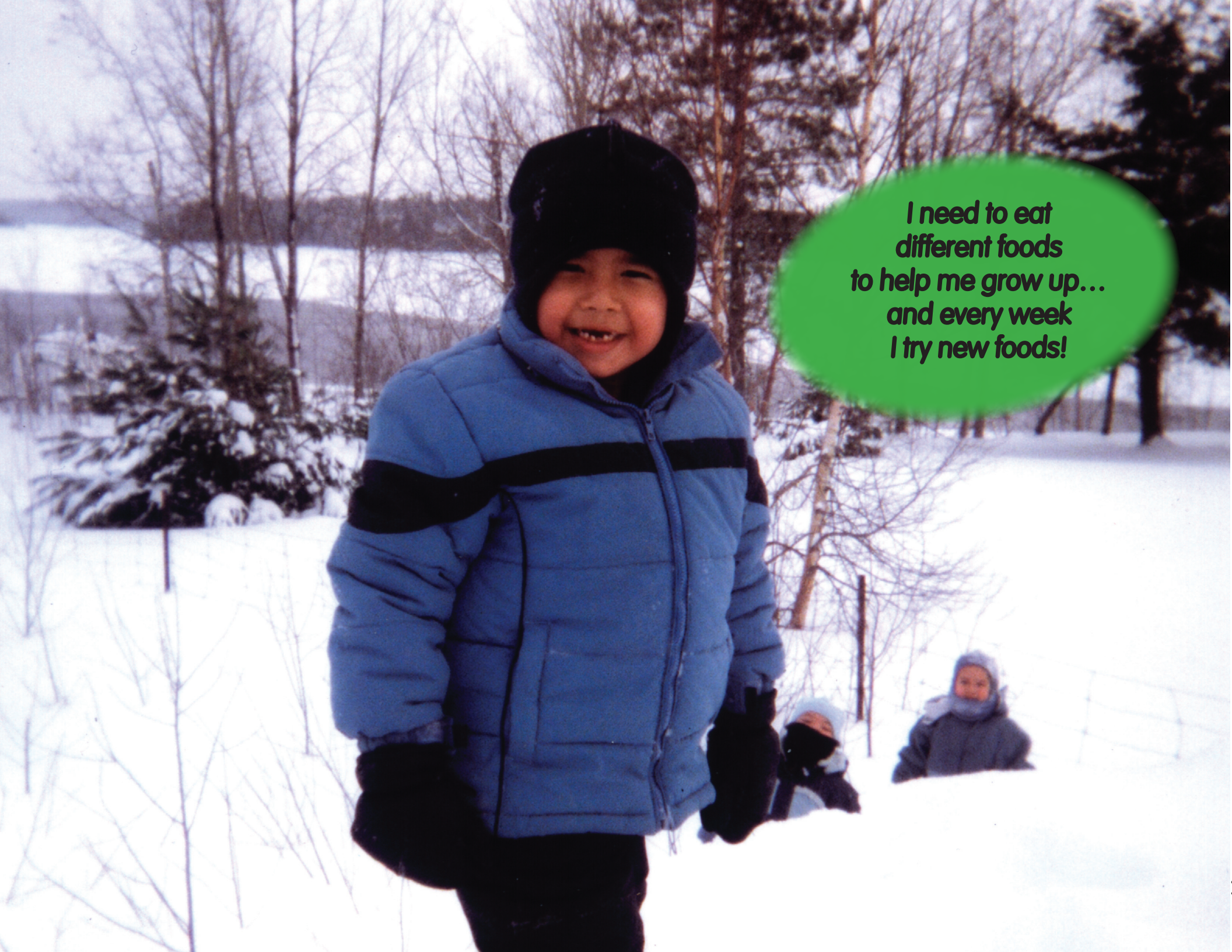
Thank you to the Orak CPE, in Wendake, and to its cook, Ms Guylaine Marois, who tested the recipes. Their comments helped us providing nutritious recipes that were appreciated by the children and at the same time reduced the cook's workload.

We wish to acknowledge the excellent work of Ms Marie-France David, Dt.P., M.Sc. in this project. Her expertise allowed us to develop balanced menus and recipes adapted to the eating habits and food supplies found in each community.

Finally, we wish to thank Health Canada and the Social Development Department for their financial support.

To all of you, thank you.

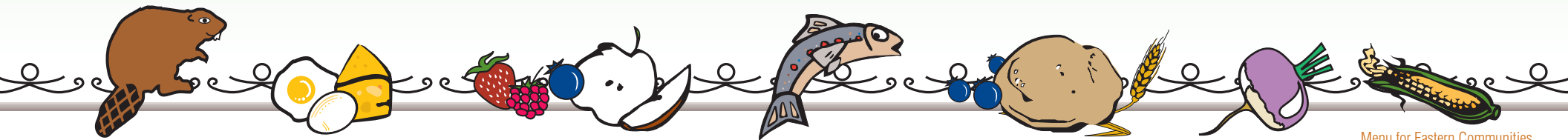
For more information,
please contact the FNQLHSSC:
Phone: (418) 842-1540
Fax: (418) 842-7045
Website: www.cssspnql.com



**I need to eat
different foods
to help me grow up...
and every week
I try new foods!**

Eating well is important! · Week 1 - Spring

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	<p>Simmered moose (or other meat) with vegetables (#41)</p> <p>Molasses cookies (#86) (or commercial brands)</p>	<p>Macaroni and vegetable salad (#9)</p> <p>Crispy chicken (#61)</p> <p>Boiled potatoes</p> <p>Turnip (#38)</p> <p>Canned peaches in juice</p>	<p>Bean salad (#8)</p> <p>Penne (or other pasta) in cheese sauce (#54)</p> <p>Unsweetened applesauce</p>	<p>Pork chops with tomatoes (#27)</p> <p>Mashed potatoes (#63)</p> <p>Corn niblets</p> <p>Graham crackers</p>	<p>Cod and corn chowder (#15)</p> <p>Bannock (#19) (or whole wheat bread)</p> <p>Blueberry yogurt</p>
Afternoon snack	<p>Cream cheese spread</p> <p>100% pure juice</p>	<p>Minigo or yogurt</p> <p>Tea biscuits</p> <p>Water</p>	<p>Bannock with raisins (#19) (or raisin bread) Milk</p>	<p>Oatmeal muffins (#94) (or commercial oatmeal cookies) Milk</p>	<p>Date bars (#75) (or tea biscuits) Milk</p>



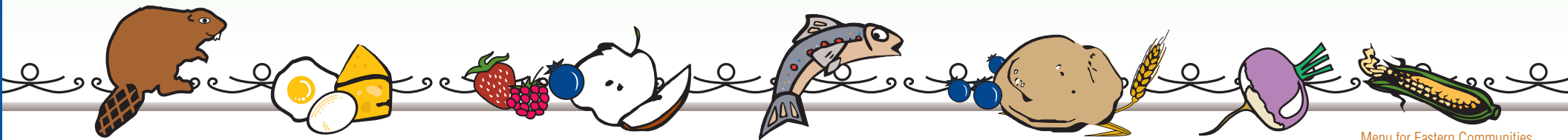


**Bannock is good.
But a little piece (about half a deck
of cards) is enough or
I won't be hungry for meat
and vegetables.**



Eating well is important! · Week 2 - Spring

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	Noodles with pork (#43)	Vegetable rice soup (#14)	Steak (beef or other meat)	Salmon stew (#65)	Corn salad (#10)
	Home-made fruit salad (#100) (or canned in juice)	Cubed caribou (or other meat) with tomatoes (#72)	Mashed potatoes (#63)	Bannock (#19) (or whole wheat bread)	Submarine (ham, cheese, tomatoes, lettuce, peppers....)
Afternoon snack	Boiled potatoes	Mixed vegetables (#38)	Quartered oranges (or other fruit)	Fruit gelatine (#89) (or fruit)	
	Green beans (#38)	Vanilla yogurt			
Afternoon snack	Apple mousse (#91) (or unsweetened applesauce)				
	Whole grain cereal Milk	Crackers and vegetable spread (#104) (or crackers and cheese) 100% pure juice	Pear graham squares (#82) (Canned pears in juice, tea biscuits and milk) Water	Banana bread (#95) (or tea biscuits) Milk	Apple cookies (#77) (or commercial molasses cookies) Milk

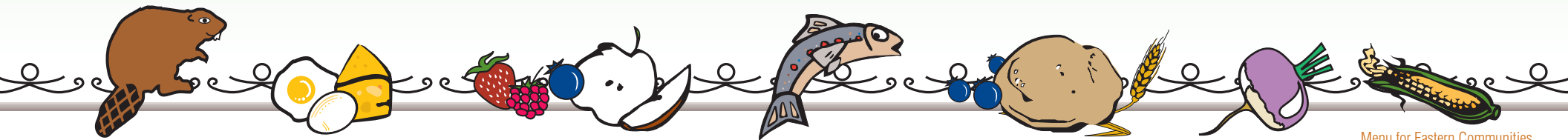





**Don't get discouraged
if I don't like new foods right away.
I need to try a food at least
3 or 4 times before
I get used to it!**

Eating well is important! · Week 3 - Spring

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	<p>Moose casserole (or other meat) with vegetables (#24)</p> <p>Bannock (#19) (or whole wheat bread)</p> <p>Canned pineapple in juice</p>	<p>Vegetable soup with shells (#14)</p> <p>Ham omelette (#45)</p> <p>Peach yogurt</p>	<p>Sauteed chicken and vegetables (#70)</p> <p>Rice (#66)</p> <p>Vanilla cream (#83) (or yogurt)</p>	<p>Garden salad (lettuce, cucumber)</p> <p>Fusilli with meat and vegetable sauce (#52)</p> <p>Pieces of fresh fruit</p>	<p>Home-made breaded fish (#62)</p> <p>Boiled potatoes</p> <p>Turnip (#38)</p> <p>Clementines (or another fruit)</p>
Afternoon snack	<p>High-fibre cookies (#78) (or tea biscuits)</p> <p>Milk</p>	<p>Raisin bran muffins (#93) (or whole grain cereal)</p> <p>Milk</p>	<p>Banana smoothie (#90)</p>	<p>Berry yogurt</p> <p>Tea biscuits</p> <p>Water</p>	<p>Spice squares (#81) (or raisin bread)</p> <p>Milk</p>



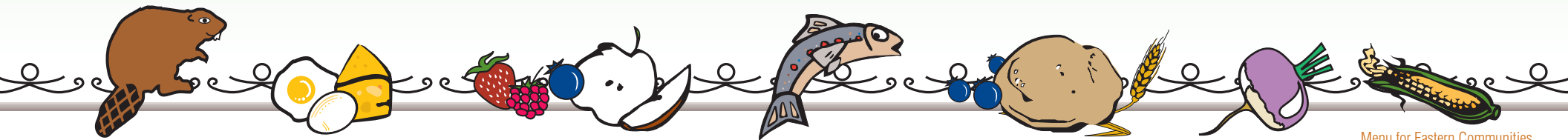
A photograph of four children sitting around a grey table in a classroom or playroom. They are using colorful plastic food cutters to cut pieces of food. On the wall behind them is a calendar with numbers 16 through 30, a poster titled 'FRIENDSHIP' showing two children hugging, and another poster titled 'The Five Senses' with illustrations of eyes, ears, nose, and tongue. A yellow container of Play-Doh is on the table.

**At mealtime, serve me one
tablespoon of each food for each
year of my age...for example, if I'm 2,
you can serve me 2 tbsp of
vegetables, 2 tbsp of meat
and 2 tbsp of rice.**

**But this is only a guide.
Some children will eat less and
others will eat more.**

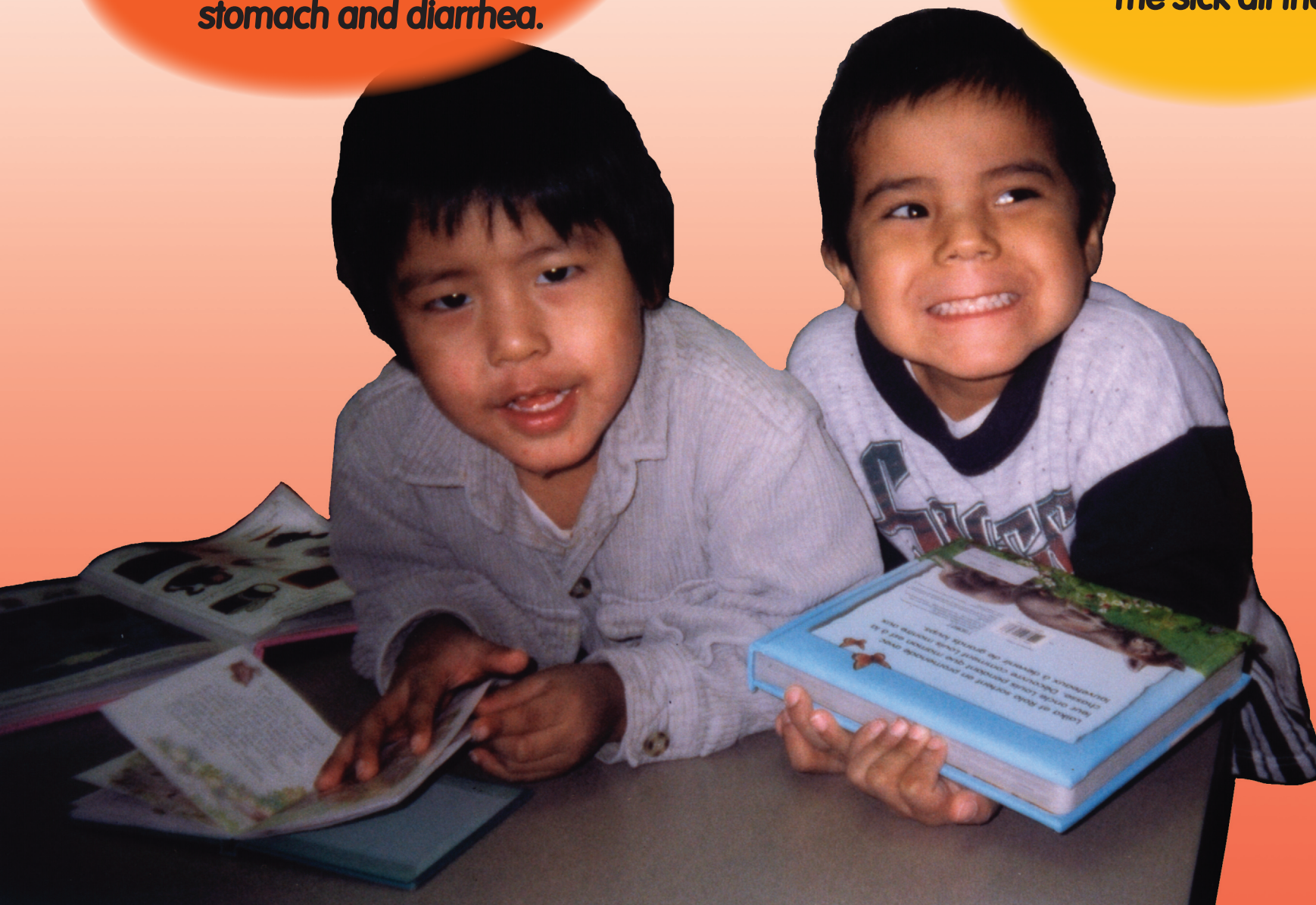
Eating well is important! · Week 4 - Spring

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	BBQ chicken (#59) Boiled potatoes Peas (#38) Peach pudding (#99) (or Graham crackers)	Cream of turnip soup (#1) Cheese quiche (#64) Unsweetened applesauce	Vegetable soup (#14) Mini-pizzas with tuna (#42) Rice pudding (#98) (or yogurt)	Blanched crudité's (dip: optional) (#2) Moose soup (or other meat) with macaroni (#17) Bannock (#19) (or whole wheat bun) Raspberry yogurt	Salmon steaks (#30) Mashed vegetables (#39) Canned pears in juice
Afternoon snack	Strawberry yogurt Tea biscuits Water	Orange muffins (#92) (or whole grain cereal) Milk	Peach cookies (#88) (or commercial oatmeal cookies) Milk	Carrot bread (#94) (or tea biscuits) Milk	Crackers and cheese 100% pure juice



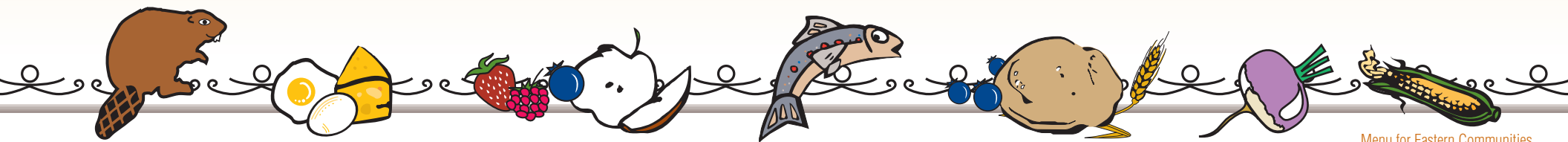
When I'm thirsty between meals, give me water. Don't always give me juice, it can give me cavities, an upset stomach and diarrhea.

And drinking too much juice and milk reduces my appetite for other healthy foods. This can cause anemia and make me sick all the time!



Eating well is important! · Week 1 - Summer

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	Egg salad sandwich buns (#56)	Shredded carrot salad (#6)	Chicken with peaches (#58)	Cucumber and tomato salad (#4)	Meatloaf (#48)
	Blanched crudités (dip: optional) (#2)	Spaghetti with meat and vegetable sauce (#52)	Rice (#66)	Cod fillet with garden vegetables (#34)	Mashed potatoes (#63)
	Frozen yogurt pops (#102)	Multicoloured melons (cubes of honeydew melon and cantalope)	Fruit gelatine (#89) (or pieces of fruit)	Boiled potatoes	Yellow wax beans (#38)
Afternoon snack	Apple cookies (#77) (or whole grain cereal) Milk	Vanilla yogurt Tea biscuits Water	Crackers and vegetable spread (#104) (or crackers and cheese) 100% pure juice	Banana smoothie (#90)	Pineapple graham squares (#82) (or Graham crackers)
				Strawberry mousse (#91) (or yogurt) Tea biscuits Water	Ice cream cone Water

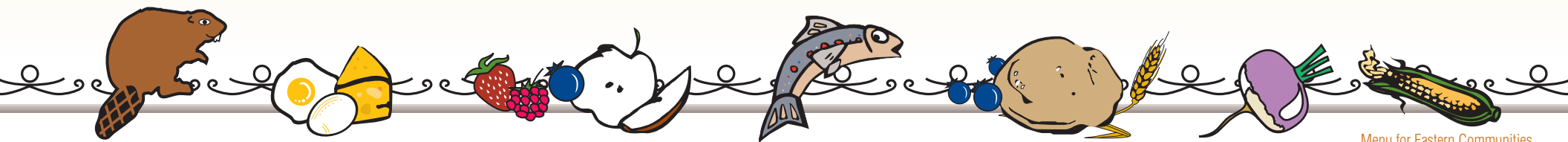



A young child with dark hair, wearing a white lab coat, is seated at a bright orange table. The child is holding a pinecone in their left hand and using a blue butter knife to spread butter from a small white container on the table. A white paper plate is also on the table. In the background, another child is visible in a high chair, and there is a wooden cabinet with green toys on top. The scene is set in a brightly lit room, likely a classroom or play area.

**Thank you for
making home-made
muffins and cookies.
They are better for my health
than storebought.**

Eating well is important! · Week 2 - Summer

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	Cream of cauliflower (#1) (or tomato juice)	Cod fillets with mushrooms (#34)	Blanched crudité (dip: optional) (#2)	Sauteed pork and vegetables (#70)	Garden salad (lettuce/cucumber)
	Home-made chicken strips (#62)	Boiled potatoes	Meat-filled buns (#57)	Rice (#66)	Mini-pizzas with tuna (#42)
	Rainbow salad (#13)	Carrots or fiddleheads (#38)	Vanilla cream (#83) (or yogurt)	Home-made frozen fruit pops (#103)	Home-made fruit salad (#100) (or canned in juice)
	Banana popsicles (#97)	Oatmeal cookies (#87) (or commercial brands)			
Afternoon snack	Berry muffins (#94) (or whole grain cereal) Milk	Ice cream bar (#101) Water	Banana bread (#95) (or tea biscuits) Milk	Pear cookies (#88) (or commercial oatmeal cookies) Milk	Ice cream cone Water



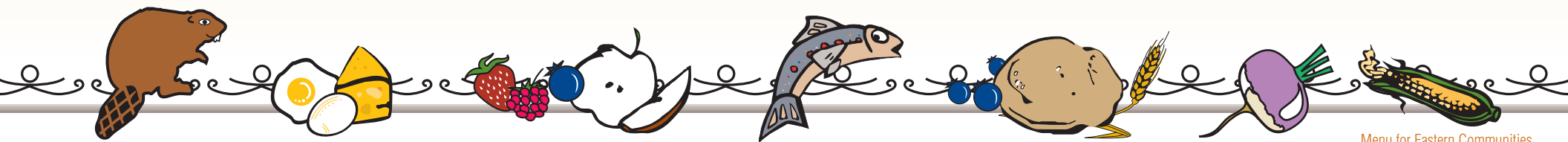


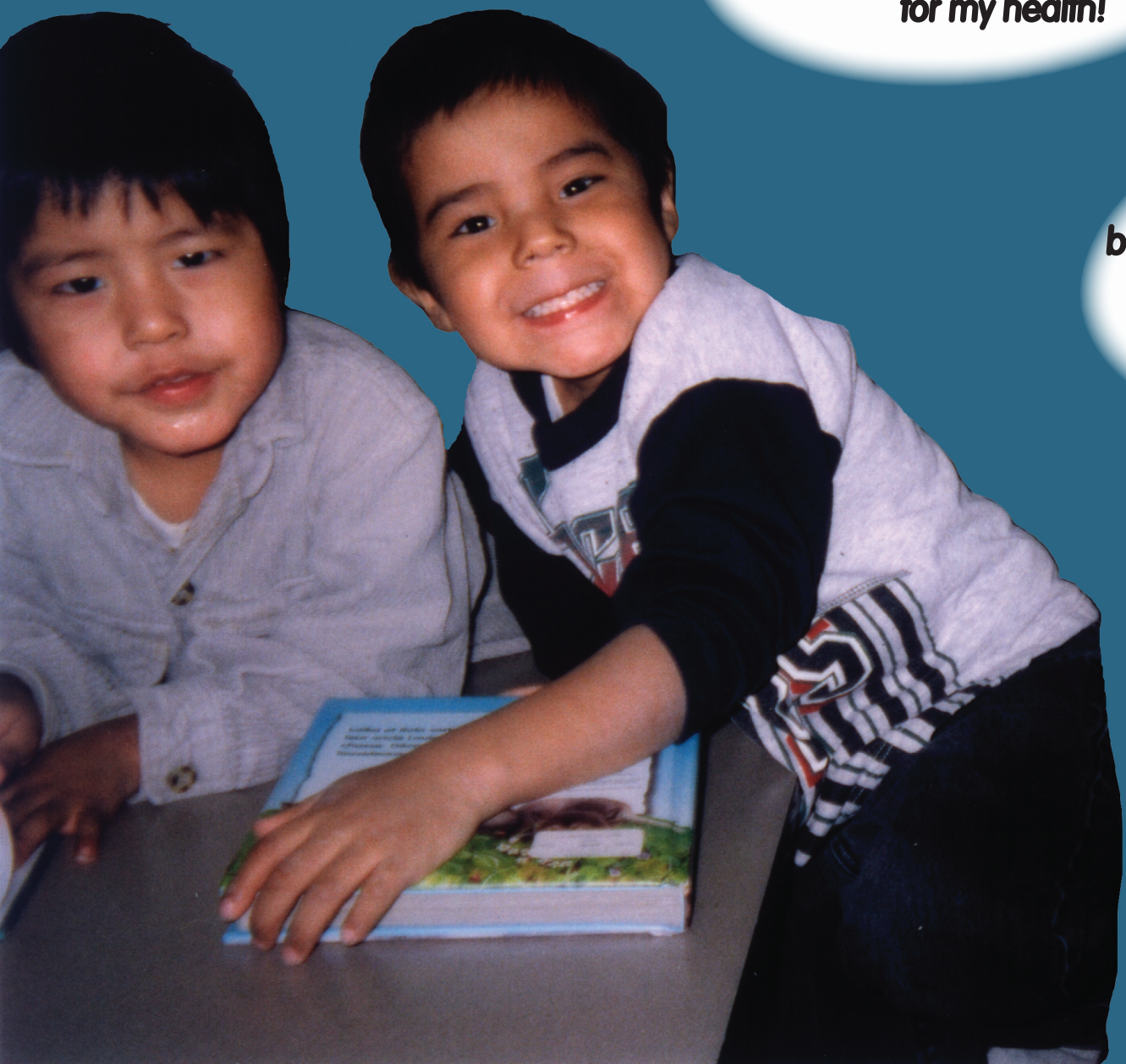
Help!
Don't have all the ingredients in the recipe?
Don't worry, you can often replace one ingredient with another (check the recipe suggestions)

And you can still make the recipe without certain ingredients if the quantity is small!

Eating well is important! · Week 3 - Summer

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	Summer stew (#21) Bannock (#19) <i>(or whole wheat bun)</i> Watermelon	Vol-au-vent with salmon (#73) Boiled potatoes Carrots (#38) Berry pudding (#99) <i>(or tea biscuits)</i>	Cream of carrot soup (#1) <i>(or commercial cream of tomato soup)</i> Baguette filled with chicken (#18) Home-made frozen fruit pops (#103)	Pineapple beef (#20) Rice (#66) Green beans (#38) Raspberry yogurt	Cucumber and tomato salad (#4) Broccoli quiche (#64) Pieces of fresh fruit
Afternoon snack	Spice squares (#81) <i>(or Graham crackers)</i> Milk	Ice cream bar (#101) Water	Strawberry or blueberry muffins (#94) <i>(or raisin bread)</i> Milk	Crackers and vegetable spread (#104) <i>(or crackers and cheese)</i> 100% pure juice	Molasses cookies (#86) <i>(or commercial brands)</i> Milk



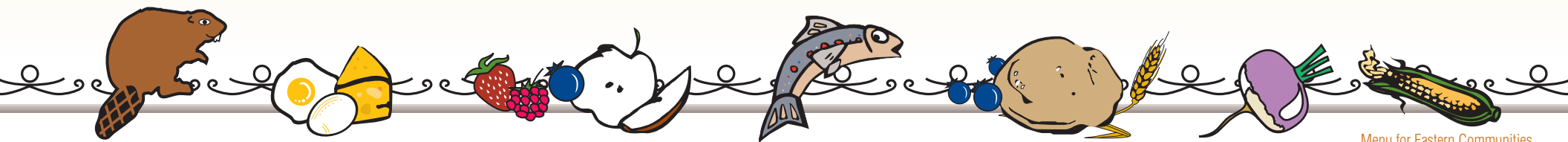
Two young boys of Asian descent are sitting at a table. The boy on the left is looking towards the camera with a neutral expression. The boy on the right is smiling broadly and looking towards the camera. They are both wearing light-colored, long-sleeved shirts. A book with a colorful cover is open on the table in front of them. The background is a solid blue color.

**Pop (Pepsi, Coke, 7-up, etc.)
is too sugary for me! It gives me
cavities and reduces my appetite
for other foods that are good
for my health!**

**Don't give me juice or pop just
because I have trouble digesting milk.
Ask the nutritionist for advice
on what I should drink.**

Eating well is important! · Week 4 - Summer

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	Ham	Blanched crudité <i>(dip: optional)</i> (#2)	Corn salad (#10)	Pan-roasted cod	Tomato juice
	Macaroni salad with vegetables (#9)	Pasta with chicken (#55)	Shepherd's pie (#51)	Rice (#66)	Omelette with vegetables (#45)
	Strawberry banana cup	Fruit smoothie (#90)	Fruit gelatine (#89) <i>(or fruit)</i>	Broccoli (#38)	Pear pudding (#99) <i>(or Graham crackers)</i>
Afternoon snack	Ice cream bar (#101) Water	Bannock with blueberries (#19) <i>(or raisin bread)</i> Milk	Raspberry muffins (#94) <i>(or commercial oatmeal cookies)</i> Milk	Whole grain cereal Milk	Topped banana (#74) Milk



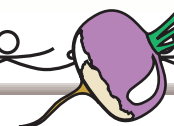
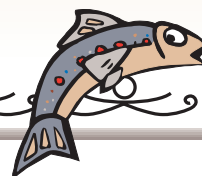
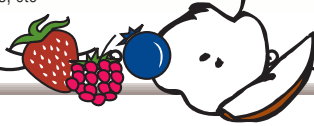



Chicken burgers and fish sticks from the grocery store, french fries, hot dogs, chips... I like them, but they're not really very good for my health. Only give me these foods on special occasions like birthdays.

Eating well is important! · Week 1 - Autumn

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	Tomato juice Spaghetti with meat and vegetable sauce (#52) Strawberry yogurt	Blanched crudité's (dip: optional) (#2) Moose (or beef) and rice soup (#17) Bannock (#19) (or whole wheat bread) Canned pineapple in juice	Chicken noodle soup (#14) Chicken cacciatore (#60) Mashed potatoes (#63) Green beans (#38) Minigo or yogurt	Shredded carrot salad (#6) (or blanched crudité's #2) Broccoli quiche ¹ (#64) Unsweetened applesauce	Tomato soup with stars (#14) Salmon loaf (#47) Boiled potatoes Turnip (#38) Home-made fruit salad (#100) (or canned in juice)
Afternoon snack	Carrot bread (#94) (or commercial molasses cookies) Milk	Topped banana (#74) Water	Crackers and vegetable spread (#104) (or crackers and cheese) 100% pure juice	Oatmeal cookies (#87) (or commercial brands) Milk	Graham crackers Milk

1. If broccoli is not available, use another vegetable: fresh or frozen spinach, mushrooms, mixed frozen vegetables, etc

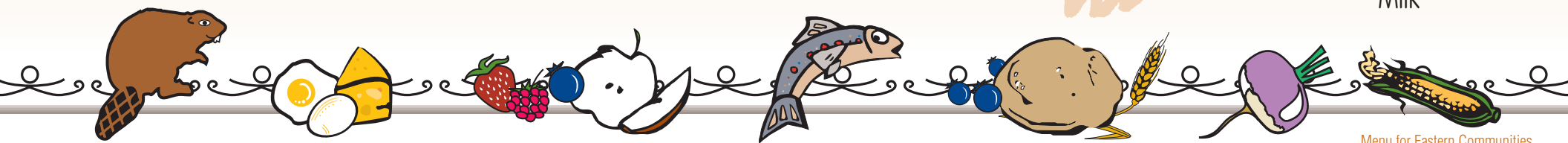




**If you give me at least
2 kinds of vegetables at lunch
(ex.: vegetable soup, crudités,
2 sorts of vegetables on my plate,
etc.), it's likely I'll eat a least 1!**

Eating well is important! · Week 2 - Autumn

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	<p>Simmered rabbit (or other meat) with vegetables (#41)</p> <p>Tea biscuits</p>	<p>Salmon steaks (#30)</p> <p>Boiled potatoes</p> <p>Carrots (#38)</p> <p>Date bars (#75) (or commercial date cookies)</p>	<p>Vegetable soup with shells (#14)</p> <p>Ham</p> <p>Mashed potatoes (#63)</p> <p>Mixed vegetables (#38)</p> <p>Berry yogurt</p>	<p>Chili (#25)</p> <p>Bannock (#19) (or whole wheat bread)</p> <p>Canned pears in juice</p>	<p>Crispy chicken (#61)</p> <p>Boiled potatoes</p> <p>Corn niblets</p> <p>Vanilla cream (#83) (or yogurt)</p>
Afternoon snack	<p>Bannock with raisins (#19) (or raisin bread)</p> <p>Milk</p>	<p>Whole grain cereal</p> <p>Milk</p>	<p>Oatmeal muffins (#94) (or commercial oatmeal cookies)</p> <p>Milk</p>	<p>Banana smoothie (#90)</p>	<p>Apple bread (#94) (or unsweetened applesauce and tea biscuits)</p> <p>Milk</p>

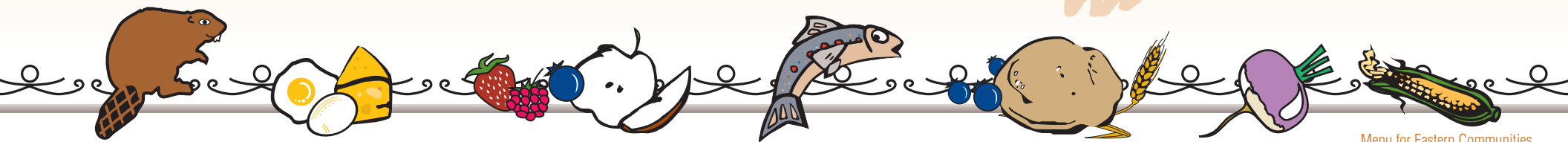




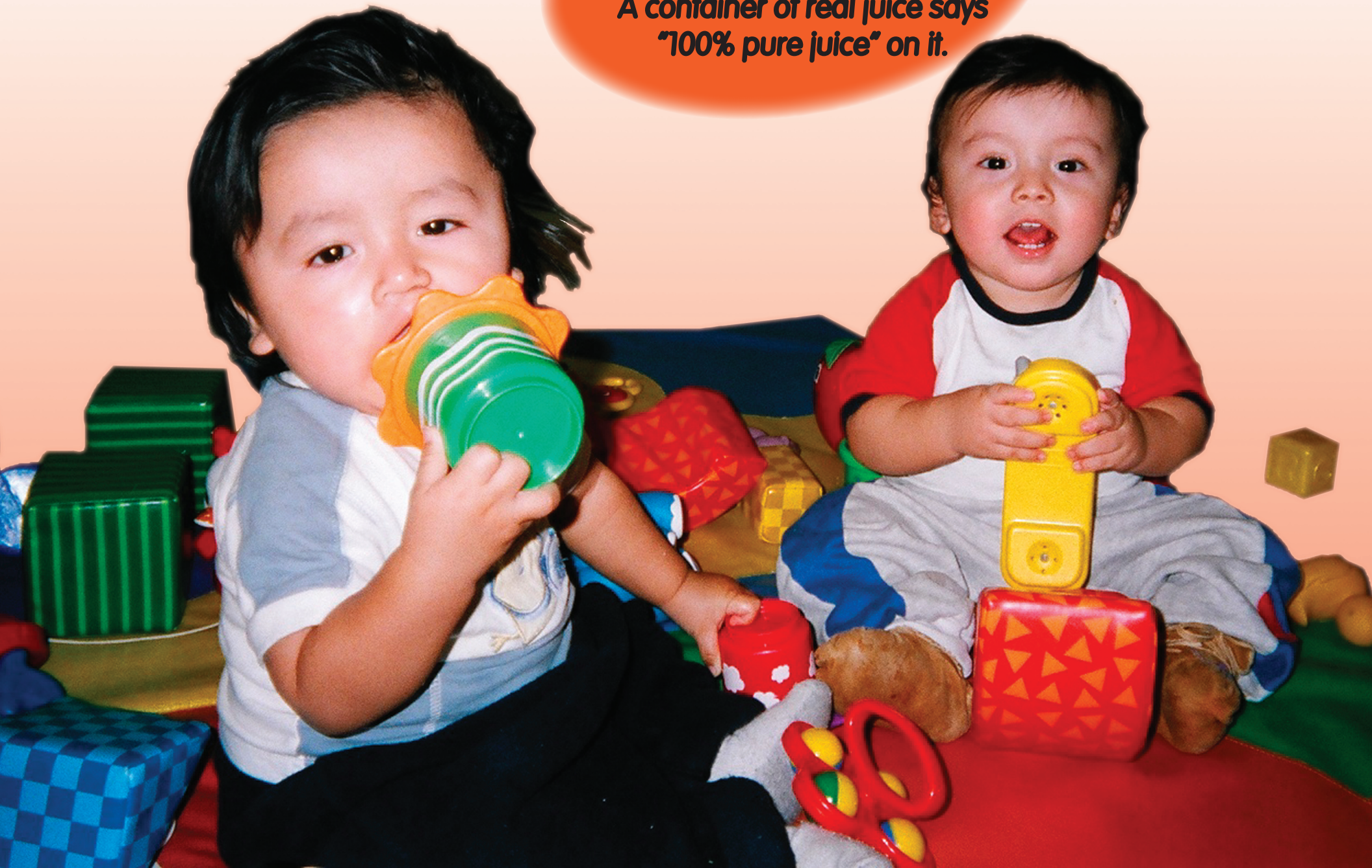
**Always serve meat
well cooked, otherwise
I could get sick.
Meat should never be
pink or red inside.**

Eating well is important! · Week 3 - Autumn

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	<p>Blanched crudités (dip: optional) (#2)</p> <p>Moose casserole (or other meat) with vegetables (#24)</p> <p>Bannock (#19) (or whole wheat bun)</p> <p>Baked apples (#96) (or apple pieces)</p>	<p>BBQ pork chops (#26)</p> <p>Boiled potatoes</p> <p>Coleslaw (#7)</p> <p>Bun</p> <p>Canned peaches in juice</p>	<p>Home-made breaded fish (#62)</p> <p>Rice (#66)</p> <p>Broccoli (#38)</p> <p>Pineapple mousse (#91) (or canned pineapple in juice)</p>	<p>Caribou burger (or other meat) (#23)</p> <p>Beet salad (#5)</p> <p>Raspberry yogurt</p>	<p>Cod stew (#65)</p> <p>Bannock (#19) (or whole wheat bun)</p> <p>Vanilla yogurt</p>
Afternoon snack	<p>Molasses cookies (#86) (or commercial brands) Milk</p>	<p>Orange muffins (#92) (or whole grain cereal) Milk</p>	<p>Pieces of fruit and cheese Water</p>	<p>High-fibre cookies (#78) (or tea biscuits) Milk</p>	<p>Cream cheese spread 100% pure juice</p>

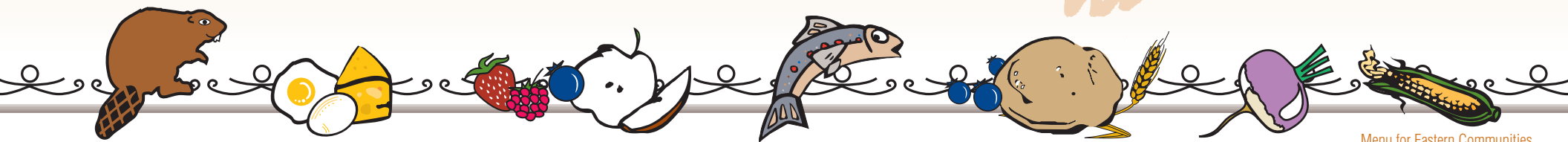


**Did you know that
fruit cocktails, punches and drinks
are not made with real juice?
A container of real juice says
"100% pure juice" on it.**



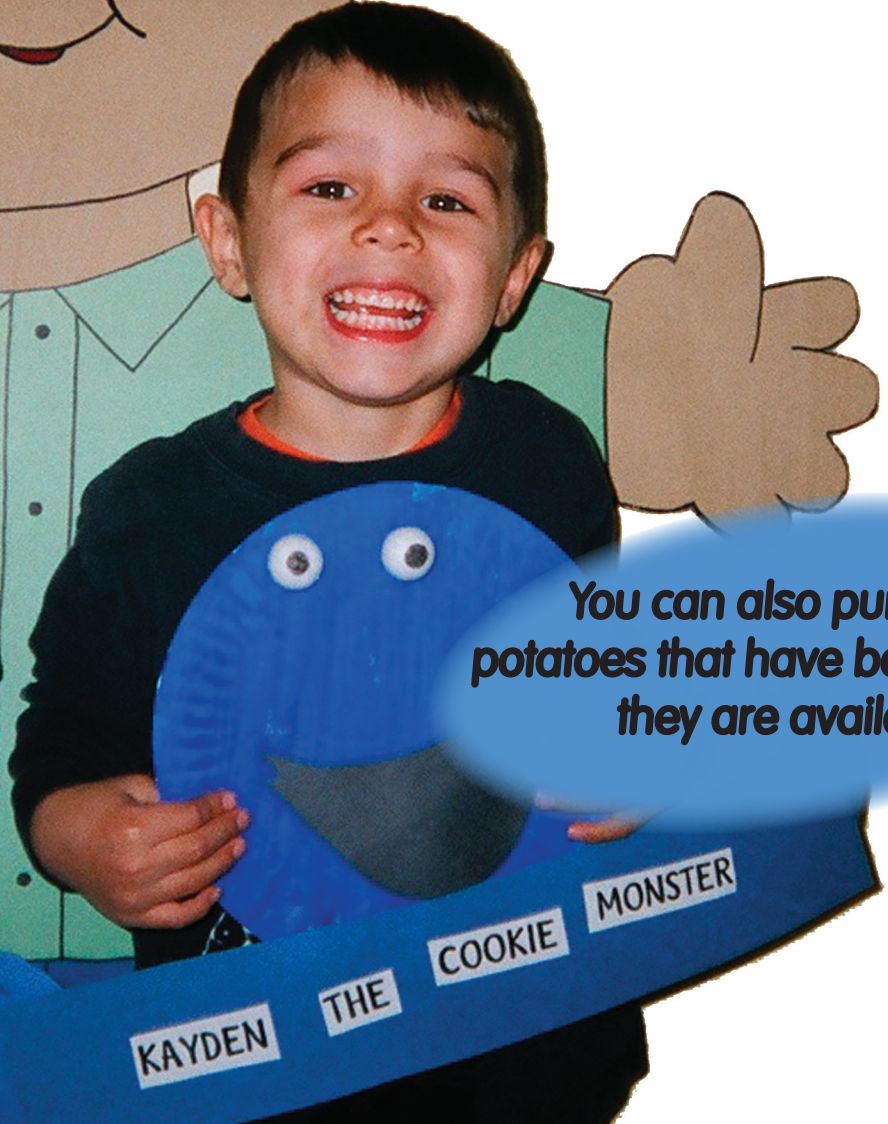
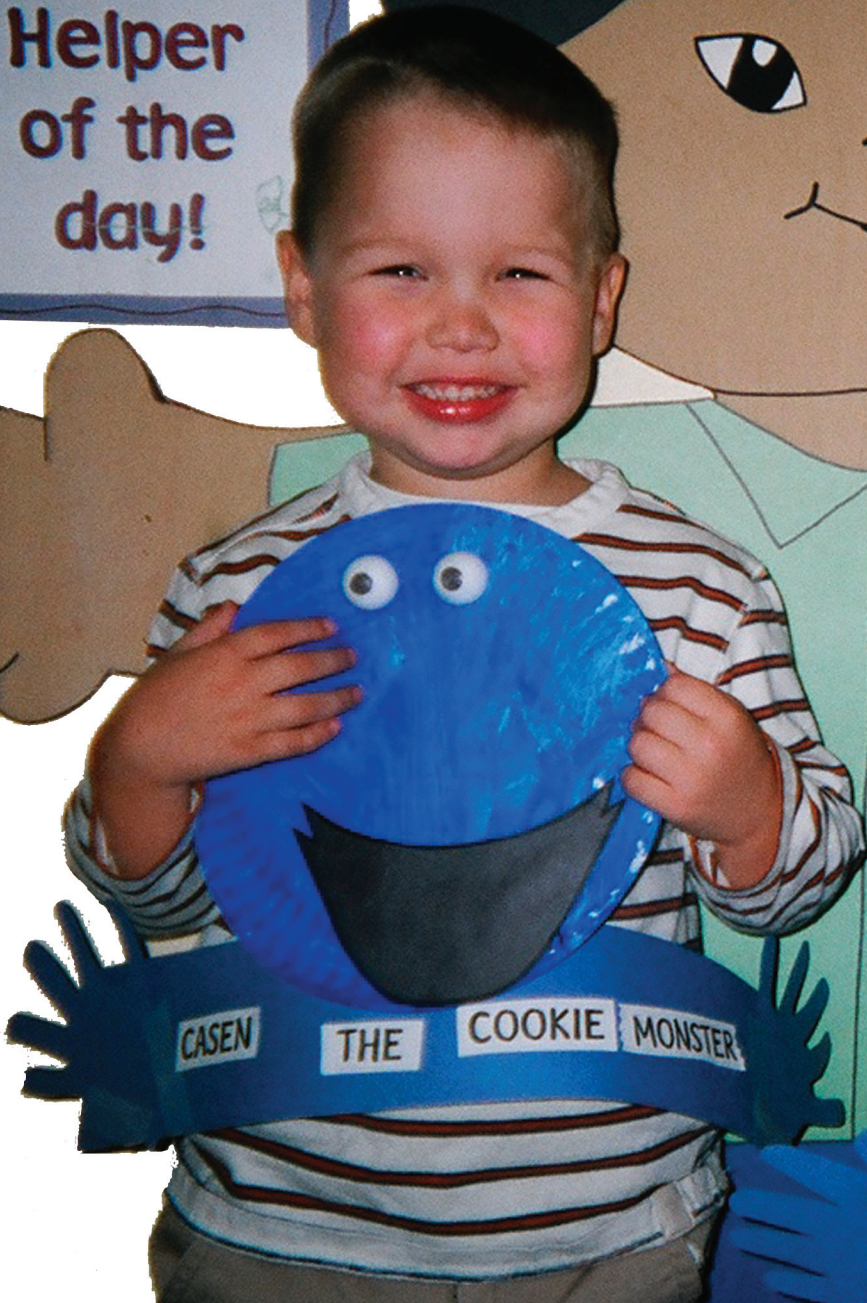
Eating well is important! · Week 4 - Autumn

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	Cream of vegetable soup (#1) <i>(or canned cream of mushroom soup)</i> Rice with chicken (#67) Homemade fruit salad (#100) <i>(or canned in juice)</i>	Cubed moose (or other meat) with tomatoes (#72) Mashed vegetables (#39) Peach yogurt	Vegetable barley soup (#14) Ham omelette (#45) Raisin bars (#75) <i>(or Graham crackers)</i>	Bean salad (#8) Macaroni with cheese (#54) Clementines (or other fruit)	Fish with mushrooms (#33) Rice (#66) Mixed vegetables (#38) Pear pieces
Afternoon snack	Crackers and cheese 100% pure juice	Banana bread (#94) <i>(or whole grain cereal)</i> Milk	Strawberry yogurt Tea biscuits Water	Carrot cookies (#76) <i>(or commercial oatmeal cookies)</i> Milk	Apple muffins (#94) <i>(or tea biscuits)</i> Milk



**Helper
of the
day!**

**Too much work?
Did you think of buying
frozen vegetables?
They're pre-cut and peeled
and cook very quickly.**



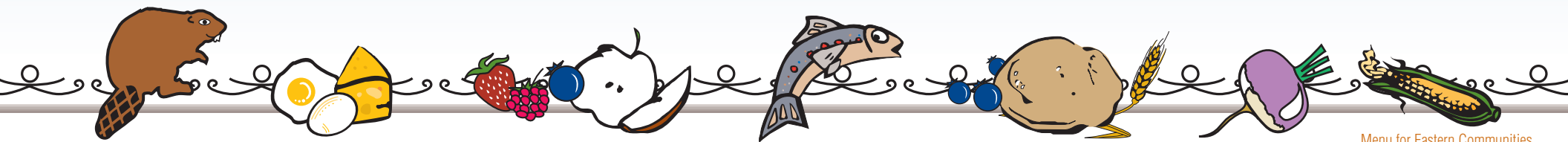
**You can also purchase
potatoes that have been peeled,
they are available**

CASEN THE COOKIE MONSTER

KAYDEN THE COOKIE MONSTER

Eating well is important! · Week 1 - Winter

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	Tomato juice	Salmon pie (#50)	Chicken with peaches (#58)	Bean soup (#16)	Moose meatloaf (or other meat) (#48)
	Noodles with caribou (or other meat) (#43)	Peas (#38)	Rice (#66)	Quiche with vegetables (#64)	Mashed potatoes (#63)
	Canned pineapple in juice	Fruit gelatine (#89) (or fruit)	Green beans (#38)	Canned pears in juice	Turnip (#38)
Afternoon snack	Peach smoothie (#90)	Raisin bran muffins (#93) (or whole grain cereal) Milk	Crackers and cheese Water	Minigo or yogurt 100% pure juice	Molasses squares (#79) (or commercial molasses cookies) Milk

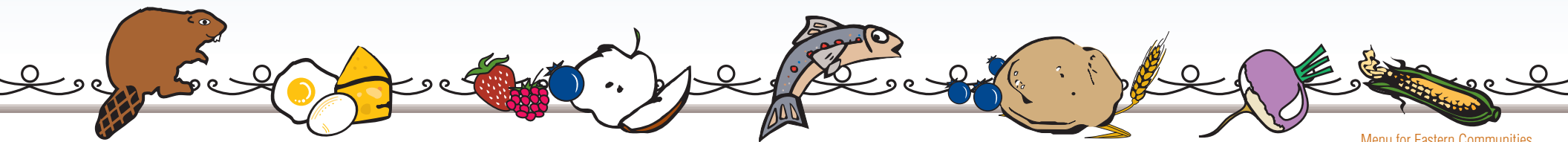


**Never leave meat,
fish or seafood, eggs, milk
and milk products out at
room temperature. Put them in
the refrigerator right away or they
could make me very sick when
I eat them!**



Eating well is important! · Week 2 - Winter

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	Tomato rice soup (#14) BBQ chicken (#59) Boiled potatoes Mixed vegetables (#38) Fresh fruit	Coleslaw (#7) Lasagna (#37) Berry yogurt	Tomato juice Shepherd's pie (#51) Graham crackers	Blanched crudité's (dip: optional) (#2) Fusilli (or other pasta) with tuna (#44) Unsweetened applesauce	Cream of carrot soup (#1) (or canned cream of tomato soup) Hamburger (beef or other ground meat, tomatoes, lettuce) Canned peaches in juice
Afternoon snack	Pear cookies (#88) (or commercial oatmeal cookies) Milk	Apple bread (#94) (or tea biscuits) Milk	Carrot muffins (#94) (or whole grain cereal) Milk	Pieces of fruit and cheese Water	Vanilla yogurt 100% pure juice

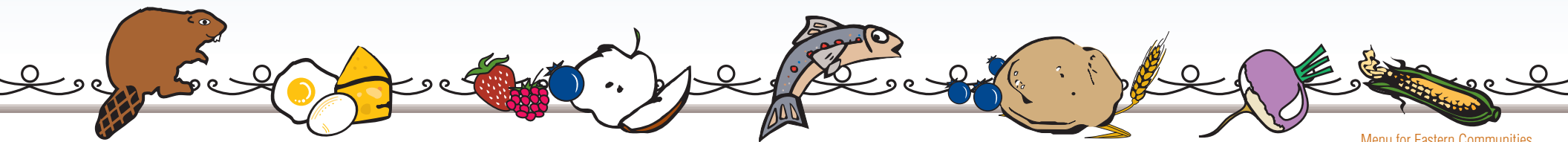




**Yes, I like cakes, pies,
candies, and chocolate cookies.
But did you know I like yogurt and fruit
just as much and they are good for
my health, give me energy and
don't give me cavities?**

Eating well is important! · Week 3 - Winter

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	Tomato juice Beef barley soup (#17) Bannock (#19) (or whole wheat bread) Minigo or fruit	Roasted cod Boiled potatoes Green beans (#38) Home-made fruit salad (#100) (or canned in juice)	Chicken potpie (#49) Boiled potatoes Raspberry yogurt	Beet salad (#5) Shells (or other pasta) with meat and vegetable sauce (#52) Peach graham squares (#82) (or canned peaches in juice)	Blanched crudité (dip: optional) (#2) Pineapple beef (#20) Rice (#66) Strawberry yogurt
Afternoon snack	Topped banana (#74) Water	Orange muffins (#92) (or tea biscuits) Milk	Crackers and vegetable spread (#104) (or crackers and cheese) 100% pure juice	Bannock with raisins (#19) (or raisin bread) Milk	Spice squares (#81) (or whole grain cereal) Milk

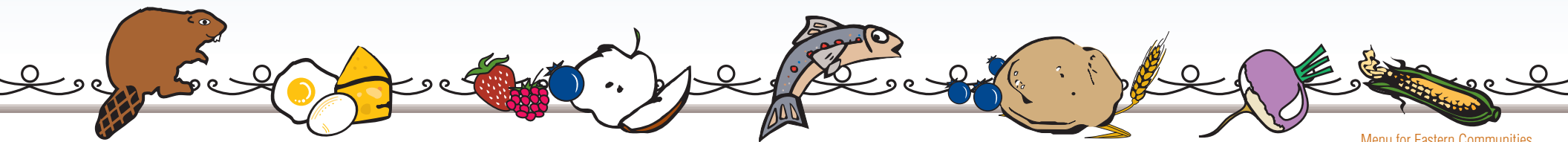


**Don't worry,
following a menu and preparing
meals is not so complicated.
You'll get used to it.**



Eating well is important! · Week 4 - Winter

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	Tomato juice Vegetarian croquette (#29) <i>(or meatball)</i> Boiled potatoes Carrots (#38) Date squares (#80) <i>(or commercial date cookies)</i>	Cabbage soup (#7) Mini-pizzas with ham (#42) Clementines <i>(or other fruit)</i>	Blanched crudités <i>(dip: optional)</i> (#2) Macaroni and meat (#40) Oatmeal cookies (#87) <i>(or commercial brands)</i>	Meatballs in gravy (#22) Mashed vegetables (#39) Whole wheat bread Peach yogurt	Sauteed caribou <i>(or other meat)</i> with vegetables (#70) Rice (#66) Canned pineapple in juice
Afternoon snack	Yogurt Tea biscuits Water	High-fibre cookies (#78) <i>(or Graham crackers)</i> Milk	Whole grain cereal Milk	Pieces of fruit and cheese Water	Banana muffins (#95) <i>(or tea biscuits)</i> Milk





First Nations of Quebec and Labrador
Health and Social Services Commission
250, Place Chef Michel Laveau, Wendake, Quebec G0A 4V0
Telephone: (418) 842-1540, Fax: (418) 842-7045
www.cssspnql.com