

Menu for Northern 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.

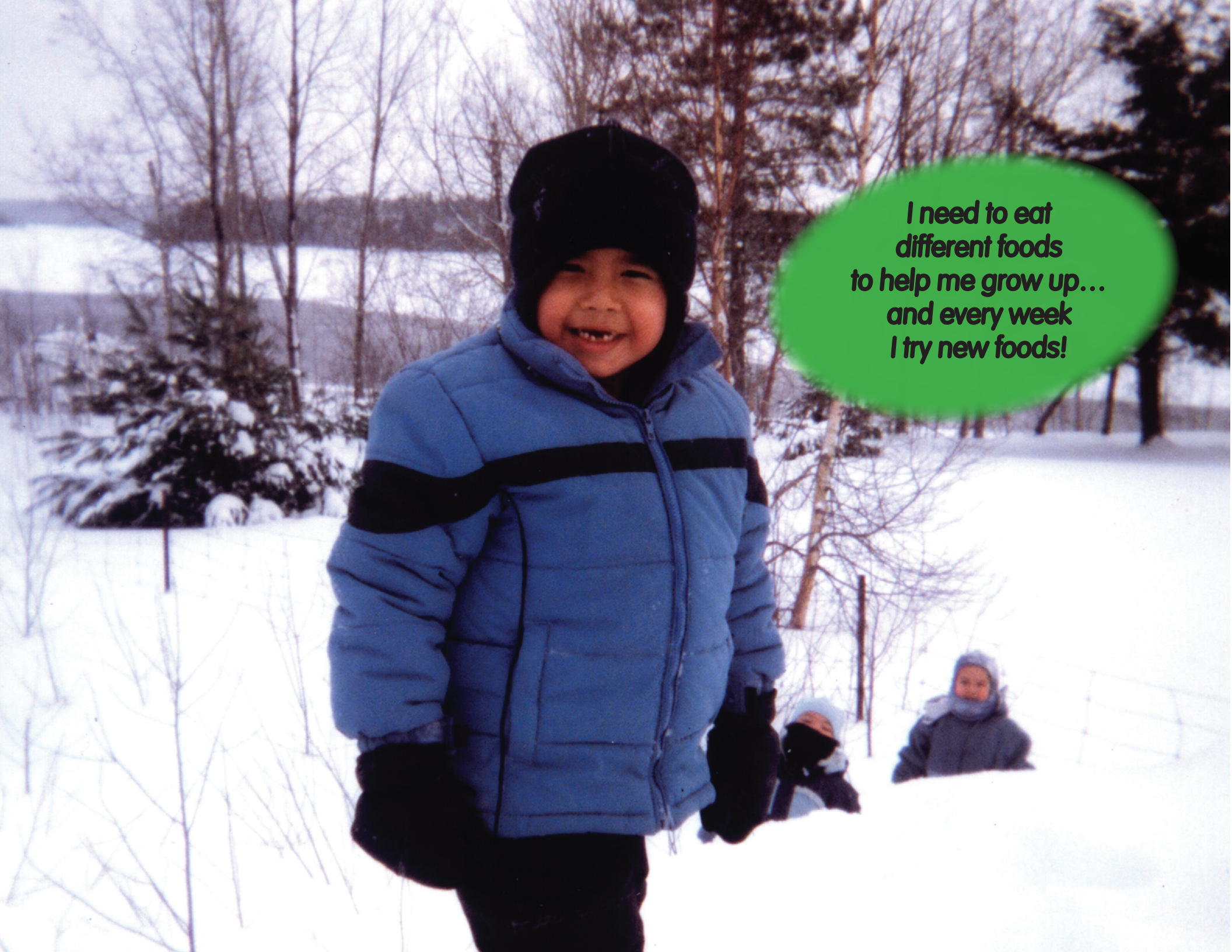
Thank you to the Orak CPE, in Wendake, and to its cook, Ms Guylaine Marois, who tested the recipes. Their comments helped us providing nutritious recipes that were appreciated by the children and at the same time reduced the cook's workload.

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.

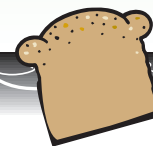
For more information,
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**I need to eat
different foods
to help me grow up...
and every week
I try new foods!**

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 caribou (or other meat) with vegetables (#41)</p> <p>Molasses cookies (#86) (or commercial brands)</p>	<p>Macaroni and vegetables soup (#14)</p> <p>Crispy chicken (#61)</p> <p>Boiled potatoes</p> <p>Turnip (#38)</p> <p>Yogurt</p>	<p>Bean salad (#8)</p> <p>Shells (or other pasta) with 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>Home-made breaded fish (#62)</p> <p>Boiled potatoes</p> <p>Beets</p> <p>Oatmeal muffins (#99) (or commercial oatmeal cookies)</p>
Afternoon snack	<p>Yogurt</p> <p>Tea biscuits</p> <p>Water</p>	<p>Cream cheese spread</p> <p>100% pure juice</p>	<p>Bannock with raisins (#19) (or raisin bread) Milk</p>	<p>Whole grain cereal</p> <p>Milk</p>	<p>Date bars (#75) (or tea biscuits) Milk</p>



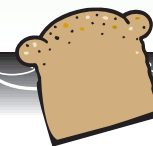


**Bannock is good.
But a little piece (about half a deck
of cards) is enough or
I won't be hungry for meat
and vegetables.**



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	<p>Noodles with pork (#43)</p> <p>Home-made fruit salad (#100) <i>(or canned in juice)</i></p>	<p>Cubed moose (or other meat) with tomatoes (#72)</p> <p>Boiled potatoes</p> <p>Green beans (#38)</p> <p>Bannock (#19) <i>(or whole-wheat bun)</i></p> <p>Apple mousse (#91) <i>(or unsweetened applesauce)</i></p>	<p>Steak (beef or other meat)</p> <p>Mashed potatoes (#63)</p> <p>Mixed vegetables (#38)</p> <p>Clementines (or another fruit)</p>	<p>Cream of vegetable soup (#1)</p> <p>Rice with chicken (#67)</p> <p>Yogurt</p>	<p>Corn salad (#10)</p> <p>Submarine (ham, cheese, tomatoes, lettuce, peppers....)</p> <p>Fruit gelatine (#89) <i>(or fruit)</i></p>
Afternoon snack	<p>Whole grain cereal</p> <p>Milk</p>	<p>Crackers and vegetable spread (#104) <i>(or crackers and cheese)</i></p> <p>100% pure juice</p>	<p>Banana bread (#95) <i>(or commercial oatmeal cookies)</i></p> <p>Milk</p>	<p>Spice squares (#81) <i>(or commercial date bars)</i></p> <p>Milk</p>	<p>Pear graham squares (#82)</p> <p>Water <i>(or canned pears in juice, tea biscuits and milk)</i></p>

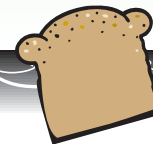





**Don't get discouraged
if I don't like new foods right away.
I need to try a food at least
3 or 4 times before
I get used to it!**

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>Simmered goose (or other meat) with vegetables (#41)</p> <p>Bannock (#19) (or whole wheat bun)</p> <p>Canned pineapple in juice</p>	<p>Vegetable soup with shells (#14)</p> <p>Ham omelette (#45)</p> <p>Whole wheat bread</p> <p>Peach yogurt</p>	<p>Tomato juice</p> <p>Chicken pasta salad (#69)</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>Cream of broccoli soup (#1) (or commercial brands)</p> <p>Fish with mushrooms (#33)</p> <p>Rice with vegetables (#66)</p> <p>Clementines (or other fruit)</p>
Afternoon snack	<p>High-fibre cookies (#78) (or tea biscuits) Milk</p>	<p>Banana smoothie (#90)</p>	<p>Raisin bran muffins (#93) (or whole grain cereal) Milk</p>	<p>Apple cookies (#77) Milk</p>	<p>Yogurt Tea biscuits Water</p>



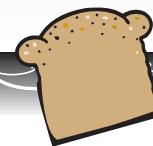
A photograph of four young children sitting around a grey table. They are using colorful plastic food cutters to cut up food. On the table are various cutters in red, blue, green, and yellow, along with a yellow container of 'Washable' brand washable markers. The children are smiling and looking towards the camera. In the background, there 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 a swan, a rainbow, a hand, a nose, and a mouth. A blue apron is also visible on the right side of the wall.

**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.**

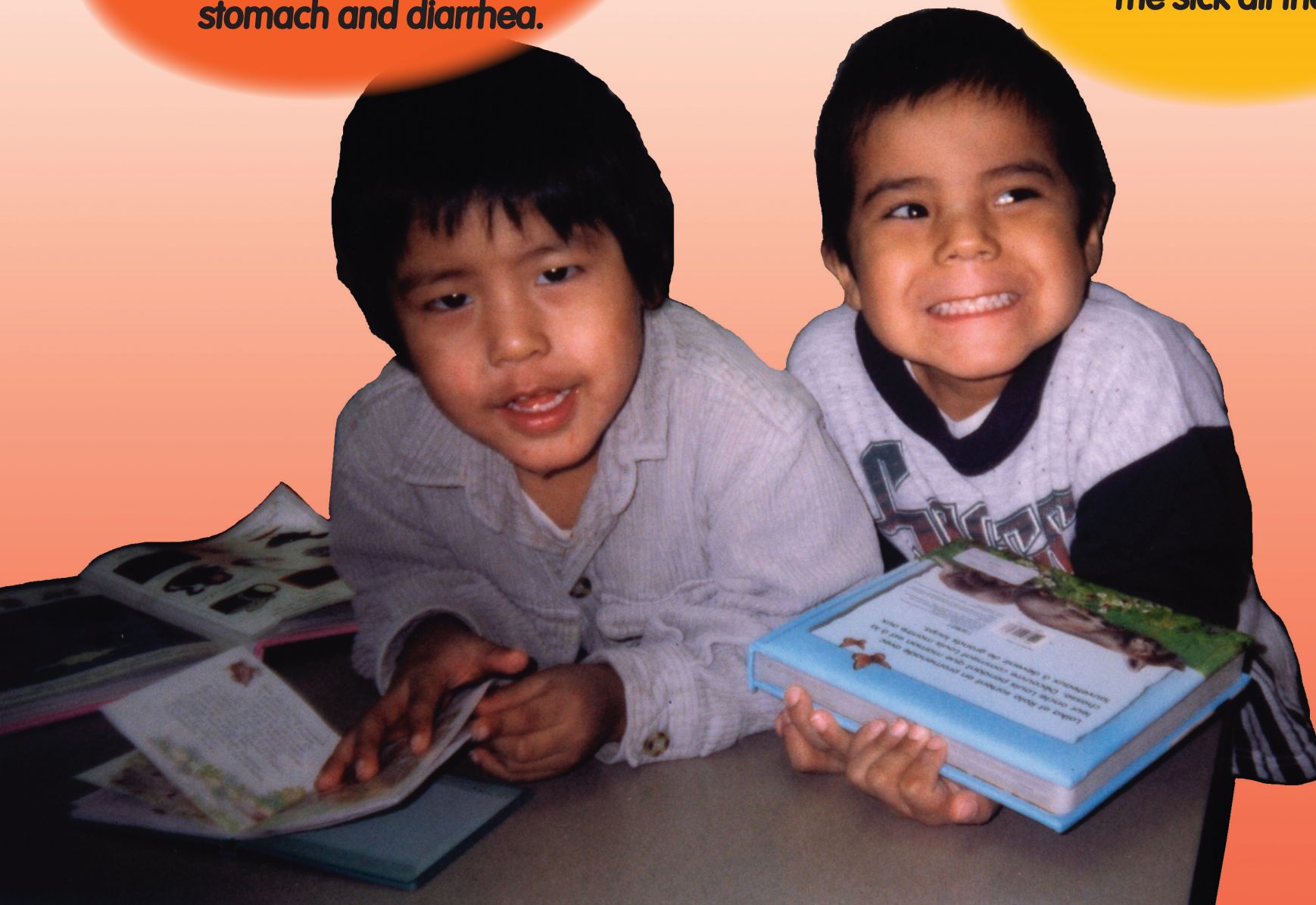
Eating well is important! · Week 4 - Spring

	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 and rice (or other meat) soup meal (#17) Bannock (#19) (or whole wheat bun) Yogurt	Shredded carrot salad (#6) Turkey burger (#23) Canned pears in juice
Afternoon snack	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



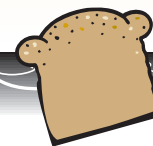
When I'm thirsty between meals, give me water. Don't always give me juice, it can give me cavities, an upset stomach and diarrhea.

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) Blanched crudité (dip: optional) (#2) Frozen yogurt pops (#102)	Garden salad (lettuce, cucumber) Spaghetti with meat and vegetable sauce (#52) Multicoloured melons (cubes of honeydew melon and cantaloup)	Blanched crudités (dip: optional) (#2) Chicken with mandarins (or with peaches) (#58) Rice (#66) Fruit gelatine (#89) (or pieces of fruit)	Cucumber tomato salad (#4) Home-made fish burger (#62) Peach smoothie (#90)	Meatloaf (#48) Mashed vegetables (#39) Pineapple graham squares (#82) (or graham crackers)
Afternoon snack	Apple cookies (#77) (or whole grain cereal) Milk	Yogurt Tea biscuits Water	Crackers and vegetable spread (#104) (or crackers and cheese) 100% pure juice	Strawberry mousse (#91) (or yogurt) Tea biscuits Water	Ice cream cone Water

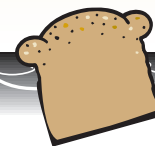



A young child with dark hair, wearing a white lab coat, is seated at an orange table. The child is holding a pinecone in their left hand and using a blue butter knife to spread butter from a small container on the table. In the background, another child is visible in a high chair, and there is a wooden cabinet with green toys on top. A white speech bubble is overlaid on the left side of the image.

**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) Home-made chicken strips (#62) Rainbow salad (#13) Banana popsicles (#97)	Fish with mushrooms (#33) Boiled potatoes Carrots (#38) Oatmeal cookies (#87) (or commercial brands)	Garden salad (lettuce/cucumber) Mini-pizzas with ham (#42) Home-made fruit salad (#100) (or canned in juice)	Sautéed pork and vegetables (#70) Rice (#66) Home-made frozen fruit pops (#103)	Blanched crudité's (dip: optional) (#2) Meat-filled buns (#57) Strawberry mousse (#91) (or yogurt)
Afternoon snack	Blueberry muffins (#94) (or whole-grain cereal) Milk	Ice cream bar (#101) Water	Berry bread (#94) (or commercial date bars) Milk	Pear cookies (#88) (or commercial oatmeal cookies) Milk	Ice cream cone Water



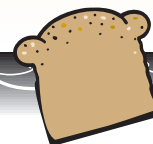


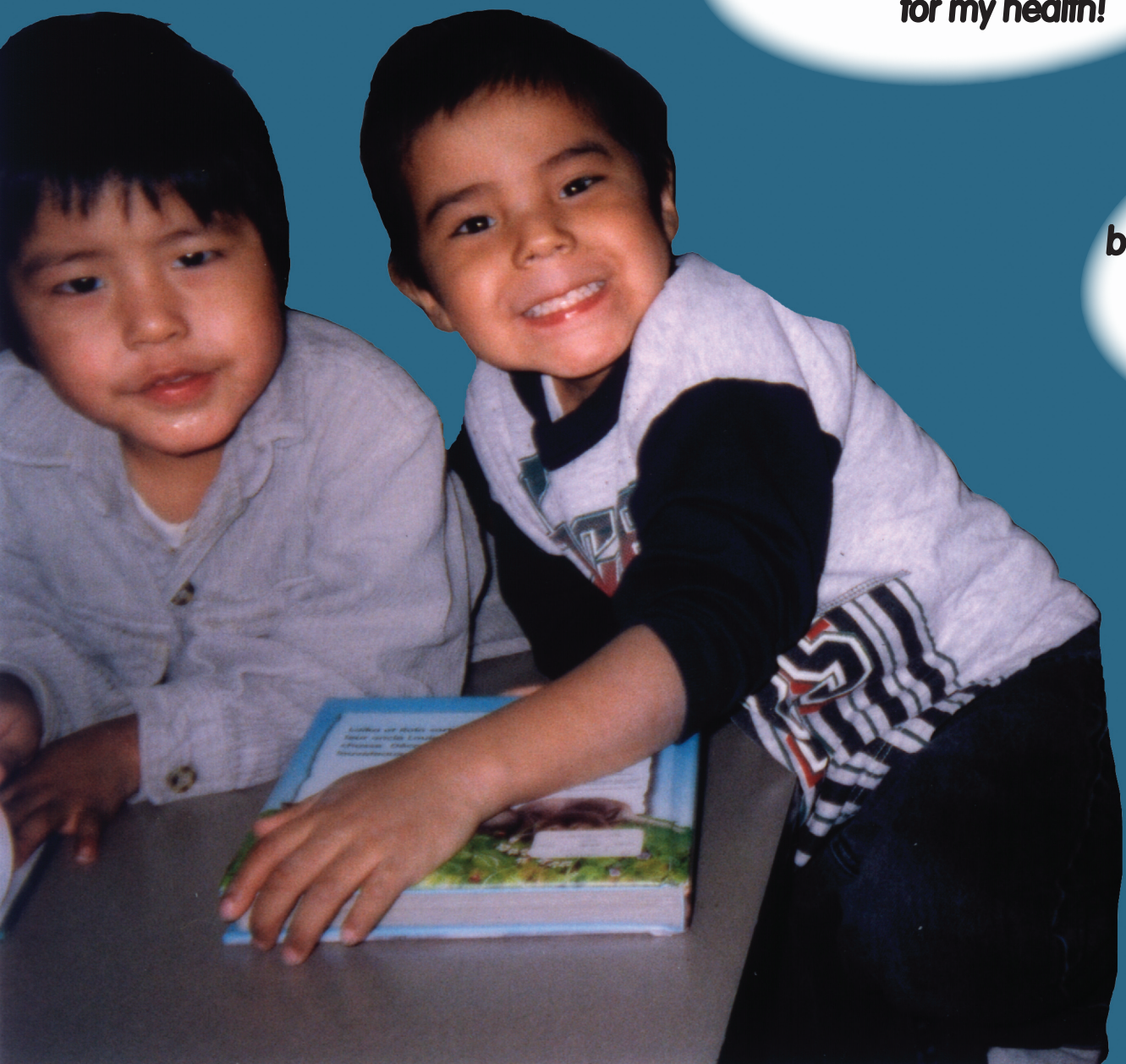
Help!
Don't have all the ingredients in the recipe?
Don't worry, you can often replace one ingredient with another (check the recipe suggestions)

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)	Vol-au-vent with salmon (#73)	Cream of carrot soup (#1)	Pineapple beef (#20)	Cucumber and tomato salad (#4)
	Bannock (#19) (or whole wheat bun)	Boiled potatoes	Baguette with chicken (#18)	Rice (#66)	Quiche with vegetables (#64)
	Watermelon	Broccoli and cauliflower (#38)	Home-made frozen fruit pops (#103)	Yogurt	Pieces of fresh fruit
		Berry pudding (#99) (or tea biscuits)			
Afternoon snack	Banana bread (#95) (or Graham crackers) Milk	Ice cream bar (#101) Water	Strawberry muffins (#94) (or raisin bread) Milk	Crackers and vegetable spread (#104) (or crackers and cheese) 100% pure juice	Molasses cookies (#86) (or commercial brands) Milk



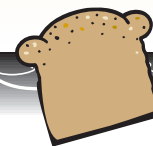
Two young boys of Asian descent are sitting at a table. The boy on the left is looking towards the camera with a neutral expression. The boy on the right is smiling broadly and looking towards the camera. They are both wearing light-colored, long-sleeved shirts. A book with a colorful cover is open on 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	Crudités <i>(dip: optional)</i> (#2)	Shepherd's pie (#51)	Pan-roasted fish	Tomato juice
	Macaroni and vegetables salad (#9)	Pasta with chicken (#55)	Fruit gelatine (#89) <i>(or fruit)</i>	Rice (#66)	Omelette with vegetables (#45)
	Strawberry banana cup	Fruit smoothie (#90)		Broccoli (#38)	
				Frozen fruit pops (#103)	Strawberry 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



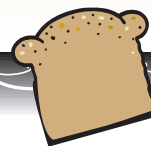


Chicken burgers and fish sticks from the grocery store, french fries, hot dogs, chips... I like them, but they're not really very good for my health. Only give me these foods on special occasions like birthdays.

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) Yogurt	Blanched crudité's (dip: optional) (#2) Caribou and rice soup (or beef) (#17) Bannock (#19) (or whole wheat bread) Canned pineapple in juice	Chicken noodle soup (#14) Chicken cacciatore (#60) Mashed potatoes (#63) Mixed vegetables (#38) Yogurt	Shredded carrot salad (#6) Spinach quiche (#64) ¹ 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.

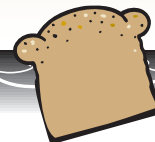




If you give me at least 2 kinds of vegetables at lunch (ex.: vegetable soup, crudités, 2 sorts of vegetables on my plate, etc.), it's likely I'll eat a least 1!

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	Simmered caribou (or other meat) with vegetables (#41) Graham crackers	Pan-roasted fish Boiled potatoes Carrots (#38) Date bars (#75) (or commercial date bars)	Vegetable soup with shells (#14) Pineapple ham (#36) Mashed potatoes (#63) Green beans (#38) Yogurt	Chili (#25) Bannock (#19) (or whole wheat bread) Canned pears in juice	Crispy chicken (#61) Rice (#66) Corn niblets Yogurt
Afternoon snack	Bannock with raisins (#19) (or raisin bread) Milk	Whole grain cereal Milk	Oatmeal muffins (#94) (or commercial oatmeal cookies) Milk	Banana smoothie (#90)	Apple bread (#94) (or unsweetened applesauce and tea biscuits) Milk

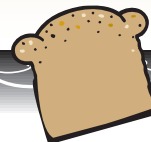




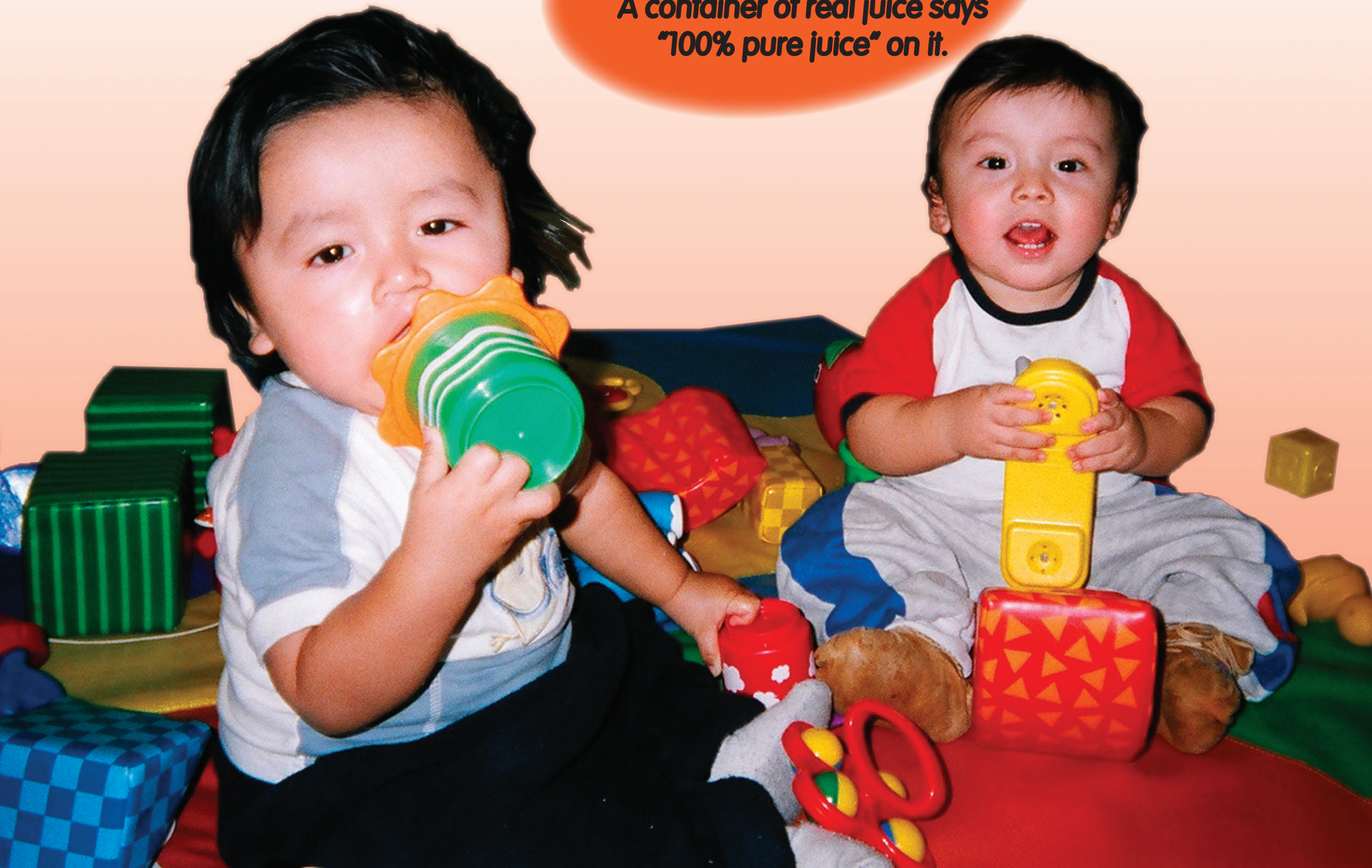
**Always serve meat
well cooked, otherwise
I could get sick.
Meat should never be
pink or red inside.**

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	Turkey burger (#23) (or other meat) Beet salad (#5) Yogurt	BBQ pork chops (#26) Boiled potatoes Coleslaw (#7) Whole wheat bread Canned peaches in juice	Home-made breaded fish (#62) Rice (#66) Broccoli (#38) Pineapple mousse (#91) (or canned pineapple in juice)	Blanched crudité (dip: optional) (#2) Caribou casserole (or other meat) with vegetables (#24) Whole wheat bun Baked apples (#96) (or apple pieces)	Chicken vol-au-vent (#73) Carrots (#38) Mashed potatoes (#62) Yogurt
Afternoon snack	Molasses cookies (#86) (or commercial brands) Milk	Orange muffins (#92) (or whole grain cereal) Milk	Pieces of fruit and cheese Water	High-fibre cookies (#78) (or tea biscuits) Milk	Cream cheese spread 100% pure juice

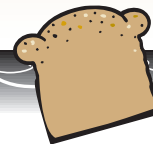


**Did you know that
fruit cocktails, punches and drinks
are not made with real juice?
A container of real juice says
"100% pure juice" on it.**



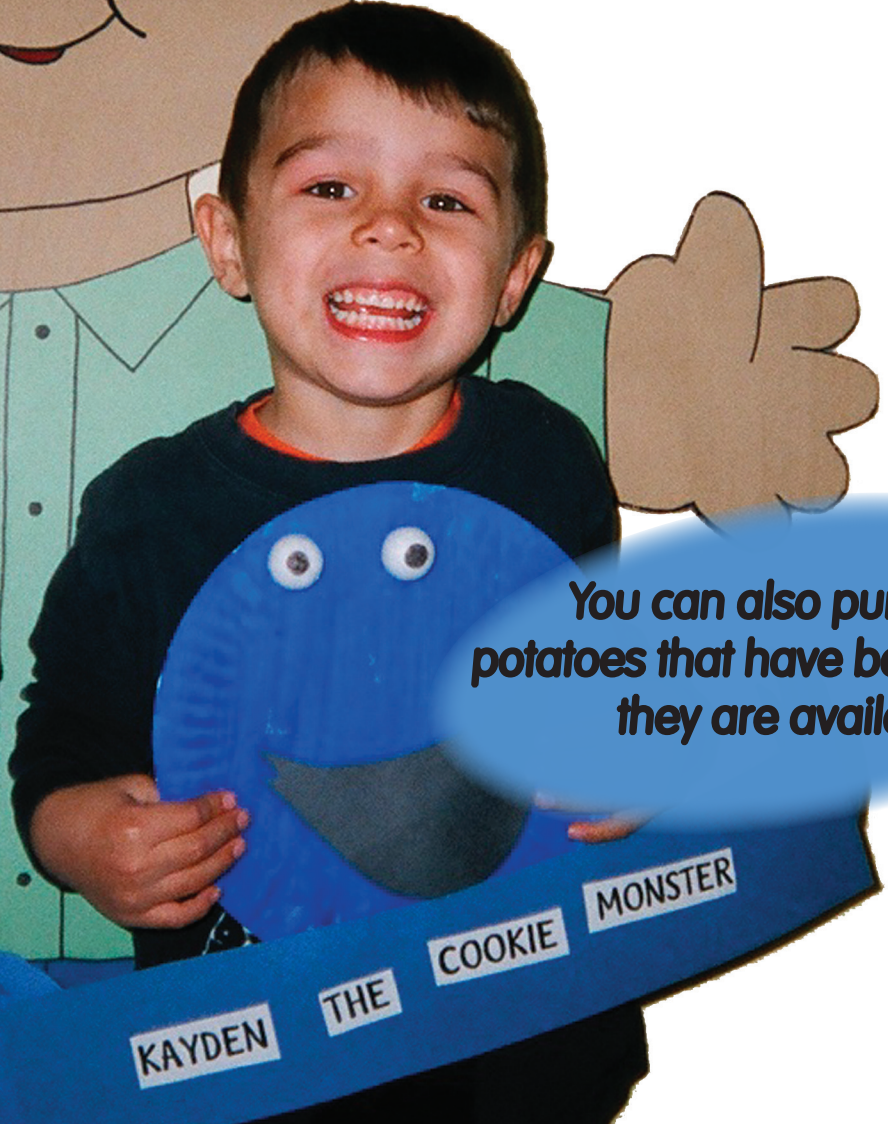
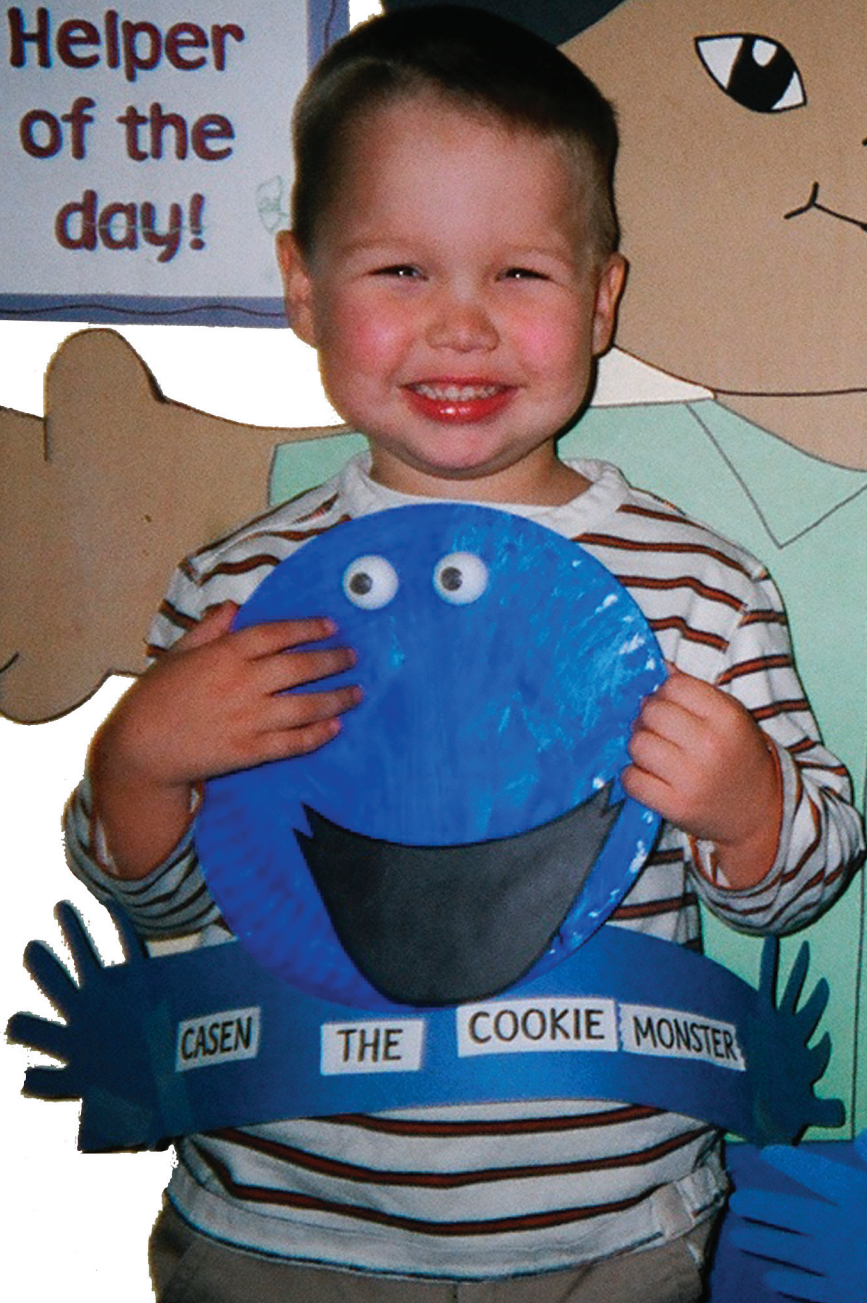
Eating well is important! · Week 4 - Autumn

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	Cream of vegetable soup (#1) Rice with chicken (#67) Home-made fruit salad (#100) <i>(or canned in juice)</i>	Cubed beef <i>(or other meat)</i> with tomatoes (#72) Mashed potatoes (#63) Broccoli and cauliflower (#38) Yogurt	Bean salad (#8) Macaroni and cheese (#54) Clementines <i>(or other fruit)</i>	Vegetable barley soup (#14) Ham omelette (#45) Raisin bars (#75) <i>(or Graham crackers)</i>	Fish with mushrooms (#33) Rice (#66) Peas (#38) Pear pieces
Afternoon snack	Crackers and cheese 100% pure juice	Banana bread (#95) <i>(or whole grain cereal)</i> Milk	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!

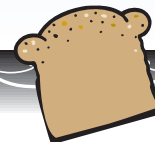
Too much work?
Did you think of buying
frozen vegetables?
They're pre-cut and peeled
and cook very quickly.



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

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	Vegetable soup (#14) Noodles with caribou (or other meat) (#43) Canned pineapple in juice	Salmon meatpie (#50) Mixed vegetables (#38) Fruit gelatine (#89) (or fruit)	Blanched crudité (dip: optional) (#2) Chicken with peaches (#58) Rice (#66) Green beans (#38) Yogurt	Minestrone soup (#16) Cheese quiche (#64) Canned pears in juice	Meatloaf (#48) Mashed potatoes (#39) Bannock (#19) (or whole-wheat bun) Fresh fruit
Afternoon snack	Peach smoothie (#90)	Raisin bran muffins (#93) (or whole grain cereal) Milk	Pieces of fruit and cheese 100% pure juice	Yogurt 100% pure juice	Molasses squares (#79) (or commercial molasses cookies) Milk

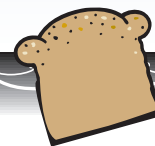


**Never leave meat,
fish or seafood, eggs, milk
and milk products out at
room temperature. Put them in
the refrigerator right away or they
could make me very sick when
I eat them!**



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 Peas (#38) Fresh fruit	Coleslaw (#7) Lasagna (#37) Yogurt	Tomato juice Shepherd's pie (#51) Graham crackers	Blanched crudité's (dip: optional) (#2) Fusilli (or other pasta) with salmon (#44) Unsweetened applesauce	Cream of carrot soup (#1) Hamburger (beef or other ground meat) tomatoes, lettuce Canned peaches in juice
Afternoon snack	Pear cookies (#88) (or commercial oatmeal cookies) Milk	Peach bread (#94) (or commercial date bars) Milk	Carrot muffins (#94) (or whole grain cereal) Milk	Crackers and cheese Water	Yogurt 100% pure juice

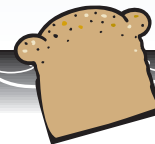




**Yes, I like cakes, pies,
candies, and chocolate cookies.
But did you know I like yogurt and fruit
just as much and they are good for
my health, give me energy and
don't give me cavities?**

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	Fish with mushrooms (#33)	Chicken potpie (#49)	Beet salad (#5)	Blanched crudité (dip: optional) (#2)
	Meatball	Rice (#66)	Boiled potatoes	Shells (or other pasta) with meat and vegetable sauce (#52)	Pineapple beef (#20)
	Boiled potatoes	Green beans (#38)	Yogurt	Peach graham squares (#82) (or canned peaches in juice)	Rice (#66)
Afternoon snack	Carrots (#38)	Home-made fruit salad (#100) (or canned in juice)			Yogurt
	Date squares (#80) (or commercial date bars)				
Afternoon snack	Topped banana (#74)	Apple bread (#94) (or tea biscuits)	Pieces of fruit and cheese	Bannock with raisins (#19) (or raisin bread)	Spice squares (#81) (or whole grain cereal)
	Water	Milk	Water	Milk	Milk

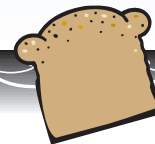


**Don't worry,
following a menu and preparing
meals is not so complicated.
You'll get used to it.**



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	Cabbage soup (#7)	Blanched crudités <i>(dip: optional)</i> (#2)	Meatballs in gravy (#22)	Sauteed chicken and vegetables (#70)
	Caribou soup with macaroni (#17)	Mini-pizzas with ham (#42)	Macaroni with meat (#40)	Mashed vegetables (#39)	Rice (#66)
	Bannock (#19) <i>(or whole wheat bun)</i>	Clementines <i>(or other fruit)</i>	Oatmeal cookies (#87) <i>(or commercial brands)</i>	Whole wheat bread Berry yogurt	Canned pineapple in juice
Fresh or canned fruit					
Afternoon snack	Yogurt Tea biscuits Water	High-fibre cookies (#78) <i>(or Graham crackers)</i> Milk	Whole grain cereal Milk	Crackers and vegetable spread (#104) <i>(or crackers and cheese)</i> Water	Banana muffins (#95) <i>(or tea biscuits)</i> Milk





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