

Menu for Southern 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.

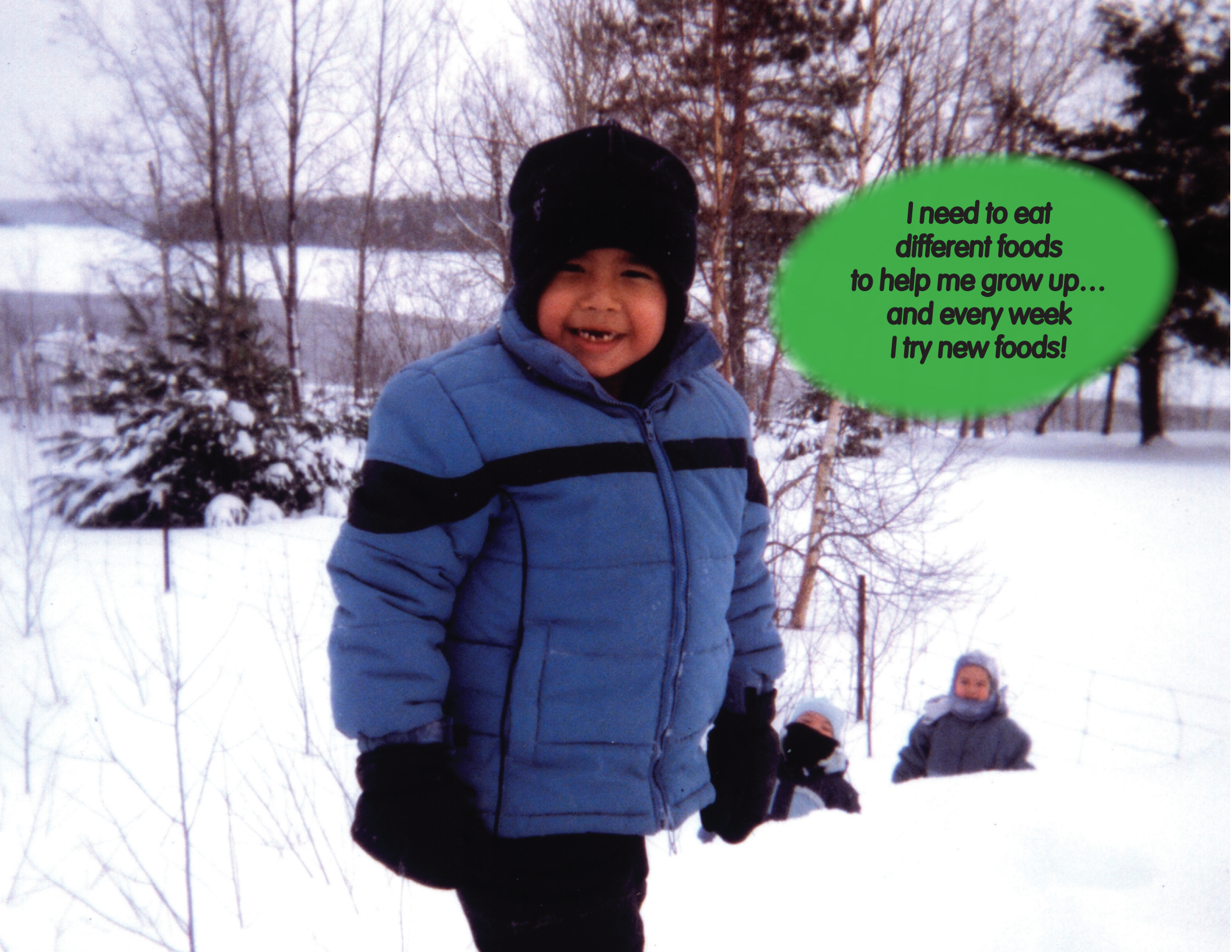
Thank you to the Orak CPE, in Wendake, and to its cook, Ms Guylaine Marois, who tested the recipes. Their comments helped us providing nutritious recipes that were appreciated by the children and at the same time reduced the cook's workload.

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.

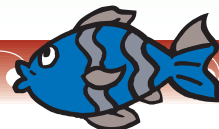
For more information,
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Website: www.cssspnql.com



**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	Simmered beef and vegetables (#41)	Bean salad (#8)	Couscous with chicken and vegetables (#28)	Pork chops with tomatoes (#27)	Blanched crudité (dip: optional) (#2)
	Peach pudding (#99) <i>(or commercial molasses cookies)</i>	Shells with cheese sauce (#54)	Raspberry yogurt	Mashed potatoes (#63)	Fish and corn soup (#15)
Afternoon snack	Bagels and cream cheese 100% pure juice	Raisin bread Milk	Minigo Tea biscuits Water	Broccoli and cauliflower (#38)	Bannock (#19) <i>(or whole-wheat bun)</i>
				Graham crackers	Molasses cookies (#86) <i>(or commercial brands)</i>
				Oatmeal muffins (#94) <i>(or oatmeal cookies)</i> Milk	Apple cookies (#77) <i>(or whole-grain cereal)</i> Milk



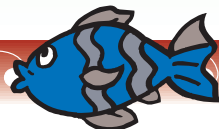


**Bannock is good.
But a little piece (about half a deck
of cards) is enough or
I won't be hungry for meat
and vegetables.**



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>Corn salad (#10)</p> <p>Submarine with ham, cheese and vegetables (lettuce, peppers, tomatoes, etc.)</p> <p>Fruit gelatine (#89) <i>(or fruit)</i></p>	<p>Cream of broccoli soup (#1)</p> <p>Macaroni in tomato tofu sauce (#53)</p> <p>Canned peaches in juice</p>	<p>Tomato juice</p> <p>Rice with chicken (#67)</p> <p>Vanilla yogurt</p>	<p>Meatballs in gravy (#22)</p> <p>Boiled potatoes</p> <p>Green beans (#38)</p> <p>Whole-wheat bun</p> <p>Apple mousse (#91) <i>(or apple pieces)</i></p>
Afternoon snack	<p>High-fibre cookies (#78) <i>(or tea biscuits)</i></p> <p>Milk</p>	<p>Whole-grain cereal</p> <p>Milk</p>	<p>Zucchini bread (#93) <i>(or oatmeal cookies commercial)</i></p> <p>Milk</p>	<p>Raisin bars (#75) <i>(or raisin bread)</i></p> <p>Milk</p>	<p>Crackers and vegetable spread (#104) <i>(or crackers and cheese)</i></p> <p>100% pure juice</p>

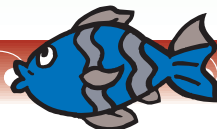





**Don't get discouraged
if I don't like new foods right away.
I need to try a food at least
3 or 4 times before
I get used to it!**

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>Beef and vegetable casserole (#24)</p> <p>Peach graham squares (#82) (or graham crackers)</p>	<p>Blanched crudité's (dip: optional) (#2)</p> <p>Ham and spinach gratin (#35)</p> <p>Whole-wheat bun</p> <p>Canned pineapple in juice</p>	<p>Tomato juice</p> <p>Chicken noodle salad (#69)</p> <p>Vanilla cream (#83) (or yogurt)</p>	<p>Cream of cauliflower soup (#1)</p> <p>Fish fillet with garden vegetables (#34)</p> <p>Rice (#66)</p> <p>Canned mandarin oranges in juice</p>	<p>Spinach salad (#12)</p> <p>Fusilli with meat and vegetable sauce (#52)</p> <p>Pieces of fresh fruit</p>
Afternoon snack	<p>Raisin bran muffins (#93) (or raisin bread)</p> <p>Milk</p>	<p>Pear cookies (#88) (or cream cheese spread)</p> <p>Milk</p>	<p>Molasses squares (#79) (or commercial molasses cookies)</p> <p>Milk</p>	<p>Banana bread (#95) (or whole-grain cereal)</p> <p>Milk</p>	<p>Raspberry yogurt</p> <p>Tea biscuits</p> <p>Water</p>



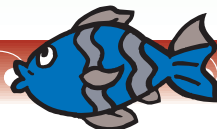
A photograph of four children sitting around a grey table in a classroom or daycare setting. They are using colorful plastic food cutters to cut pieces of food. On the wall behind them is a calendar with numbers 16 through 30, a poster titled 'FRIENDSHIP' showing two children hugging, and another poster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

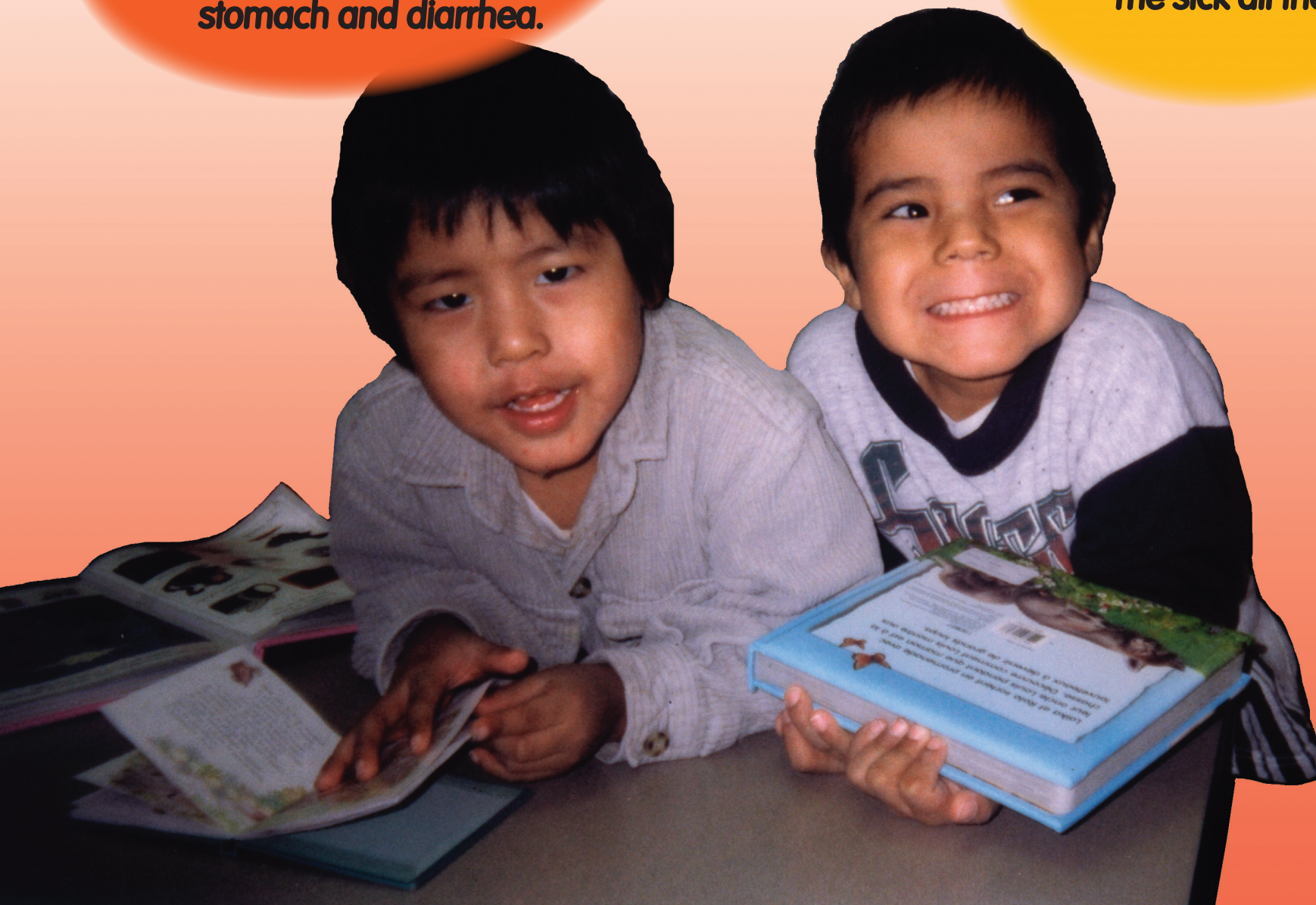
Eating well is important! · Week 4 - Spring

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	Blanched crudités <i>(dip: optional)</i> (#2)	Shredded carrot salad (#6)	Vegetable soup (#14)	Tomato juice	Cream of turnip soup (#1)
	Penne with chicken (#55)	Turkey burger (#23)	Mini-pizzas with tuna (#42)	Venison Sagamité <i>(or other meat)</i> (#3)	Broccoli quiche (#64)
	Canned pears in juice	Tofu and fruit cream (#84) <i>(or yogurt)</i>	Unsweetened applesauce	Bannock (#19) <i>(or whole-wheat bun)</i> Berry yogurt	Home-made fruit salad (#100) <i>(or canned in juice)</i>
Afternoon snack	Vanilla yogurt Tea biscuits Water	Crackers and cheese 100% pure juice	Minigo Water	Carrot bread (#94) <i>(or oatmeal cookies commercial)</i> Milk	Orange muffins (#92) <i>(or graham crackers)</i> Milk



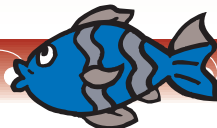
When I'm thirsty between meals, give me water. Don't always give me juice, it can give me cavities, an upset stomach and diarrhea.

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	Cream of tomato soup Chicken with mandarins (#58) Vermicelli Raspberry yogurt	Garden salad (lettuce and cucumber) Spaghetti with meat and vegetable sauce (#52) Multicoloured melons (cubes of honeydew melon and cantaloupe)	Egg salad sandwich buns (#56) Blanched crudité (dip: optional) (#2) Frozen yogurt pops (#103)	Cucumber and tomato salad (#4) Home-made fish burger (#62) Fruit smoothie (#90)	Chicken fajitas and vegetables (#31) Rice (#66) Fruit gelatine (#89) (or fruit)
	Crackers and vegetable spread (#104) (or crackers and cheese) 100% pure juice	Ice cream cone Water	Pear cookies (#88) (or commercial oatmeal cookies) Milk	Strawberry mousse (#91) Tea biscuits Water	Blueberry muffins (#94) Milk (or blueberry and vanilla yogurt, water)

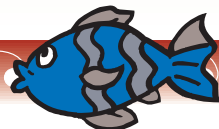



A young child with dark hair, wearing a white lab coat, is seated at an orange table. The child is holding a pinecone in their left hand and using a blue butter knife to spread butter from a small container on the table. A white paper plate is also on the table. In the background, another child is visible 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 playroom.

**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	Ham	Lentil loaf (#46)	Blanched crudité <i>(dip: optional)</i> (#2)	Sautéed pork and vegetables (#70)	Meat-filled buns (#57)
	Macaroni salad with vegetables (#9)	Mashed vegetables (#39)	Chicken mini-pizzas (#42)	Rice (#66)	Crudité <i>(dip: optional)</i> (#2)
	Banana popsicles (#97)	Peach cookies (#88) <i>(or commercial oatmeal cookies)</i>	Home-made fruit salad (#100) <i>(or canned in juice)</i>	Frozen yogurt pops (#102)	Strawberry rhubarb pudding (#99)
Afternoon snack	Vanilla yogurt Tea biscuits Water	Ice cream sandwich (#101) Water	Orange muffins (#92) <i>(or commercial date cookies)</i> Milk	Zucchini bread (#94) <i>(or tea biscuits)</i> Milk	Ice cream cone Water



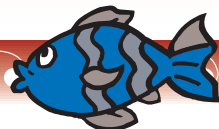


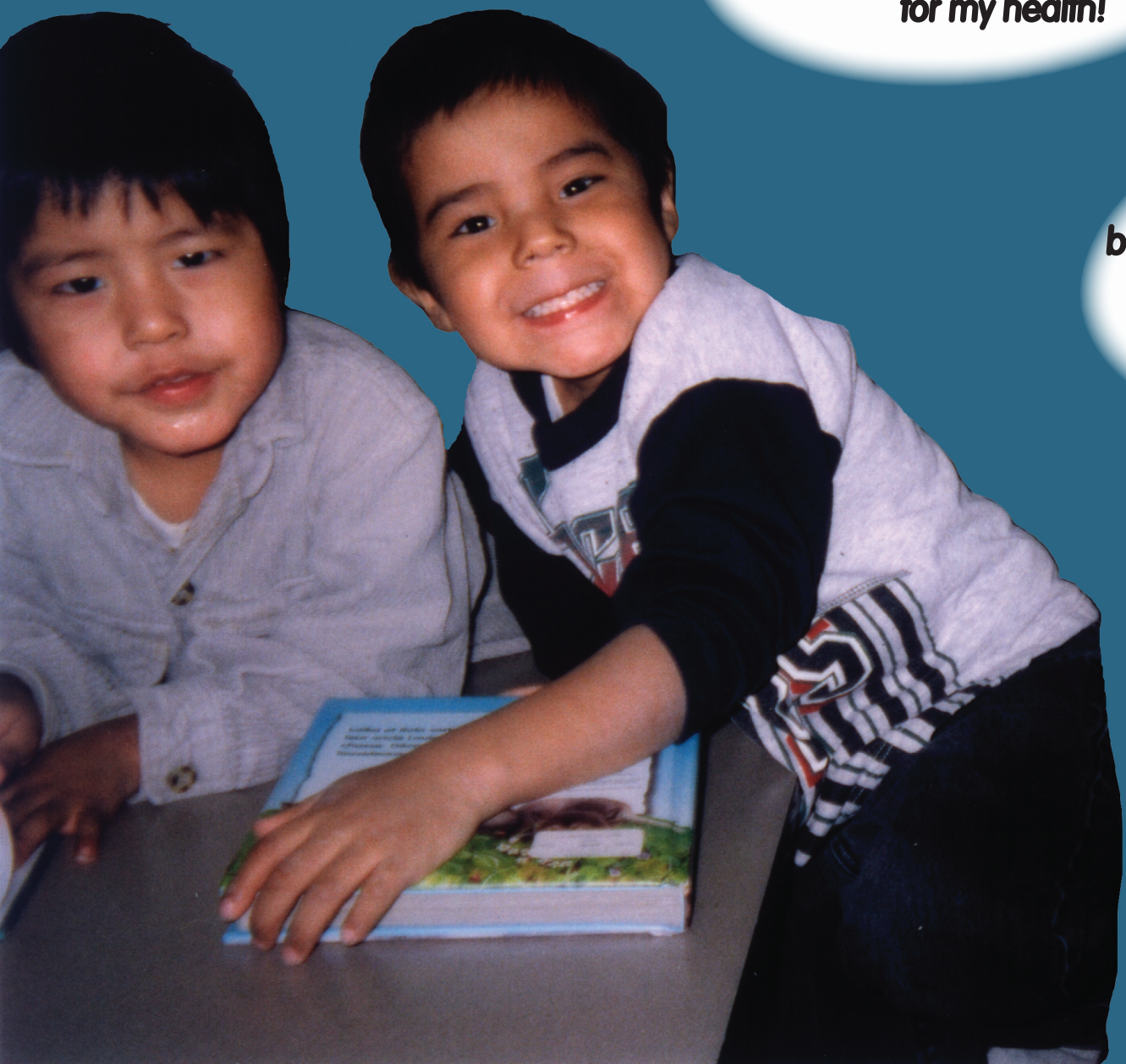
Help!
Don't have all the ingredients in the recipe?
Don't worry, you can often replace one ingredient with another (check the recipe suggestions)

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) Whole-wheat bun Watermelon	Cream of carrot soup (#1) Baguette filled with chicken (#18) Homemade frozen fruit pops (#103)	Salmon vol-au-vent (#73) Boiled potatoes Carrots (#38) Berry crumble (#85) (or commercial oatmeal cookies)	Blanched crudité (dip: optional) (#2) Small shells with tofu tomato sauce (#53) Blueberry yogurt	Cucumber and tomato salad (#4) Spinach quiche (#64) Pieces of fresh fruit
Afternoon snack	Banana bread (#95) (or raisin bread) Milk	Strawberry pops (#94) (or whole-grain cereal) Milk	Ice cream sandwich (#101) Water	Crackers and vegetable spread (#104) (or crackers and cheese) 100% pure juice	Molasses cookies (#86) (or commercial brands) Milk



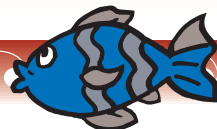
Two young boys of Asian descent are sitting at a table. The boy on the right is smiling and looking towards the camera, while the boy on the left is looking down at a book. The book has a blue cover with some text and a picture of a landscape. The background is a solid blue color.

**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	Home-made breaded chicken fingers (#62)	Couscous with beef and vegetables (#28)	Corn salad (#10)	Italian-style fish fillet (#32)	Tomato juice
	Rainbow salad (#13)	Fruit smoothie (#90)	Garnished hamburger (tomatoes, cheese, lettuce)	Rice (#66)	Vegetable omelette (#45)
	Strawberry banana cup		Fruit gelatine (#89) (or fruit)	Broccoli (#38)	Whole-wheat bun
				Vanilla cream (#83) (or yogurt)	Ice cream cone
Afternoon snack	Ice cream sandwich (#101) Water	Frozen fruit pops (#103) Water	Raspberry muffins (#94) (or crackers and cheese, 100% pure juice)	Whole-grain cereal Milk	Apple bread (#94) Milk (or cream cheese spread, 100% pure juice)



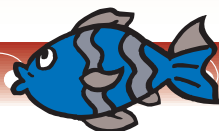


Chicken burgers and fish sticks from the grocery store, french fries, hot dogs, chips... I like them, but they're not really very good for my health. Only give me these foods on special occasions like birthdays.

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	<p>Blanched crudités (dip: optional) (#2)</p> <p>Ravioli with meat and vegetable sauce (#52)</p> <p>Vanilla cream (#83) (or yogurt)</p>	<p>Sauteed beef and vegetables (#70)</p> <p>Rice (#66)</p> <p>Unsweetened applesauce</p>	<p>Beef noodle soup (#14)</p> <p>Chicken cacciatore (#60)</p> <p>Mashed potatoes (#63)</p> <p>Squash (#38)</p> <p>Canned pineapple in juice</p>	<p>Shredded carrot salad (#6)</p> <p>Leek quiche (#64)</p> <p>Blueberry yogurt</p>	<p>Tomato soup with stars (#14)</p> <p>Salmon loaf (#47)</p> <p>Boiled potatoes</p> <p>Green beans (#38)</p> <p>Home-made fruit salad (#100) (or canned in juice)</p>
Afternoon snack	<p>Crackers and vegetable spread (#104) (or crackers and cheese)</p> <p>100% pure juice</p>	<p>Topped banana (#74)</p> <p>Water</p>	<p>Zucchini bread (#94) (or tea biscuits)</p> <p>Milk</p>	<p>Oatmeal cookies (#87) (or commercial brands)</p> <p>Milk</p>	<p>Graham crackers</p> <p>Milk</p>

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

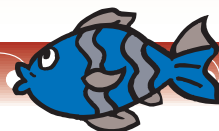




If you give me at least 2 kinds of vegetables at lunch (ex.: vegetable soup, crudités, 2 sorts of vegetables on my plate, etc.), it's likely I'll eat a least 1!

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	Turkey burger (#23)	Squash soup (#1)	Simmered beef and vegetables (#41)	Vegetable soup with shells (#14)	Crispy chicken (#61)
	Beet salad (#5)	Penne with tomato tofu sauce (#53)	Peach cookies (#88) <i>(or commercial oatmeal cookies)</i>	Pineapple ham (#36)	Rice (#66)
	Canned pears in juice	Fruit gelatine (#89) <i>(or fruit)</i>		Mashed vegetables (#39)	Corn niblets
				Minigo	Berry yogurt
Afternoon snack	Raisin bread Milk	Banana smoothie (#90)	Pumpkin muffins (#94) <i>(or commercial molasses cookies)</i> Milk	Whole-grain cereal Milk	Apple bread (#94) <i>(or graham crackers)</i> Milk

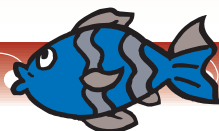




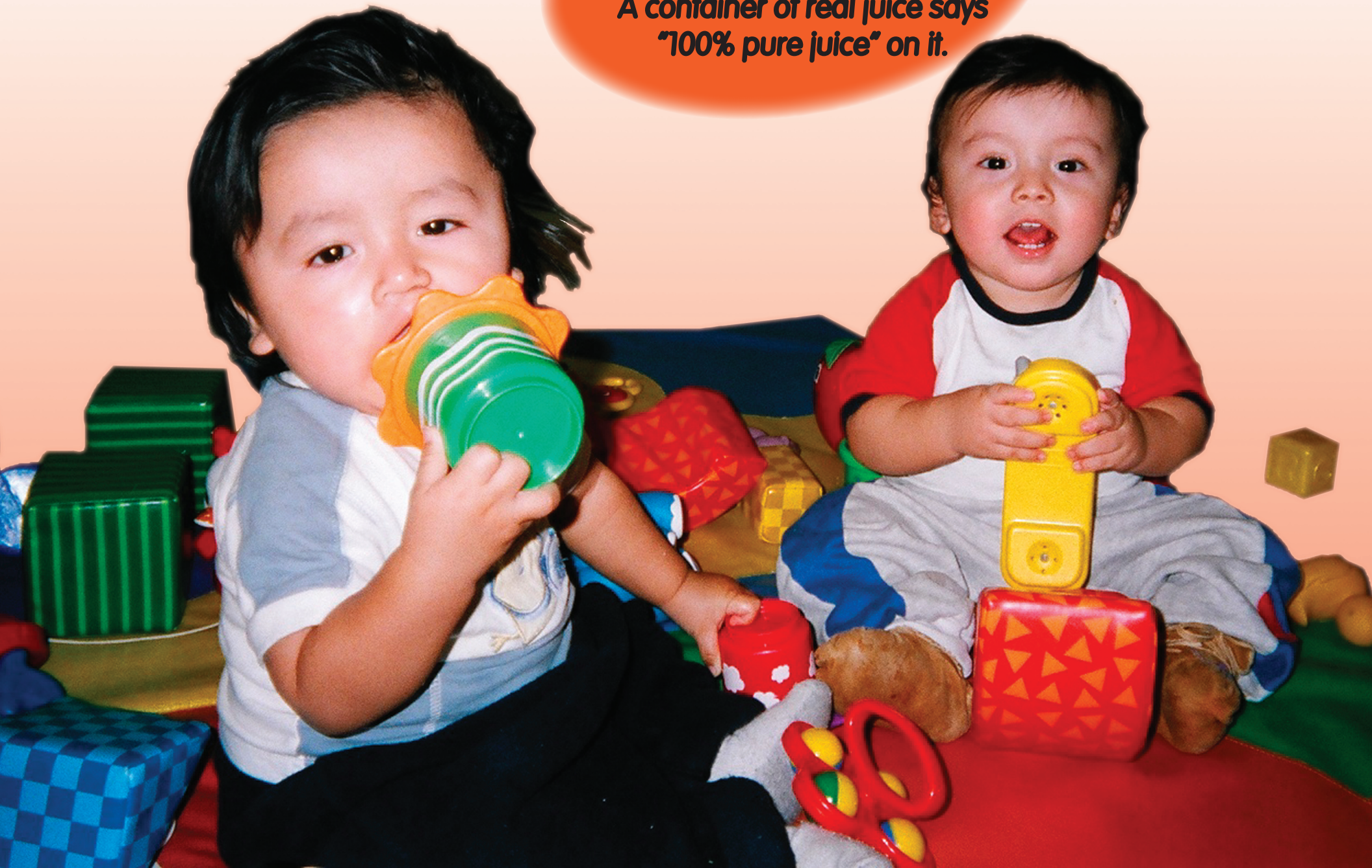
**Always serve meat
well cooked, otherwise
I could get sick.
Meat should never be
pink or red inside.**

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	Chili (#25) Bannock (#19) <i>(or whole-wheat bun)</i> Baked apples (#96) <i>(or apple pieces)</i>	Chicken vol-au-vent (#73) Carrots (#38) Mashed potatoes (#63) Canned peaches in juice	BBQ pork chops (#26) Boiled potatoes Coleslaw (#7) Whole-wheat bun Vanilla yogurt	Homemade breaded fish (#62) Rice (#66) Broccoli (#38) Tofu and fruit cream (#84) <i>(or Minigo)</i>	Blanched crudité (dip: optional) (#2) Spaghetti with meat and vegetable sauce (#52) Raspberry yogurt
Afternoon snack	Molasses cookies (#86) <i>(or commercial brands)</i> Milk	Oatmeal muffins (#94) <i>(or commercial oatmeal cookies)</i> Milk	Pieces of fruit and cheese Water	High-fibre cookies (#78) <i>(or tea biscuits)</i> Milk	Bagels and cream cheese 100% pure juice

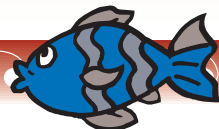


**Did you know that
fruit cocktails, punches and drinks
are not made with real juice?
A container of real juice says
"100% pure juice" on it.**



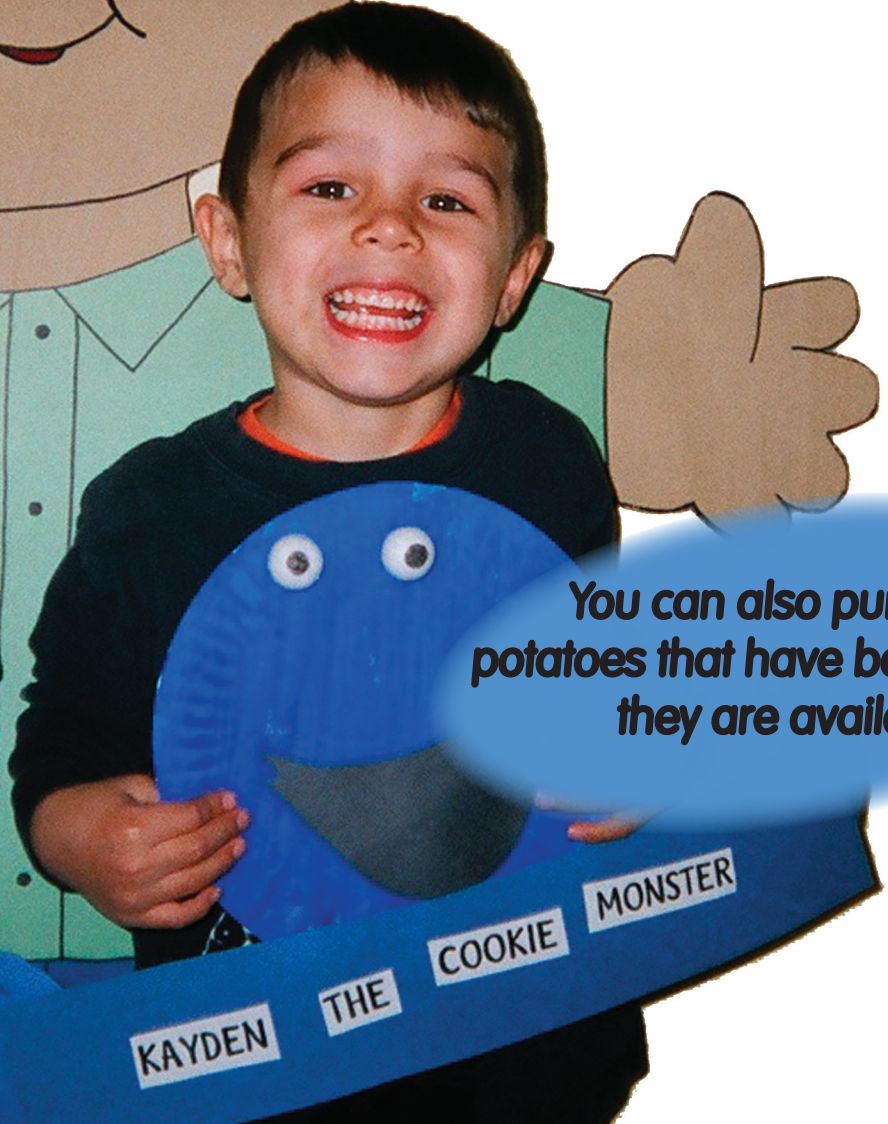
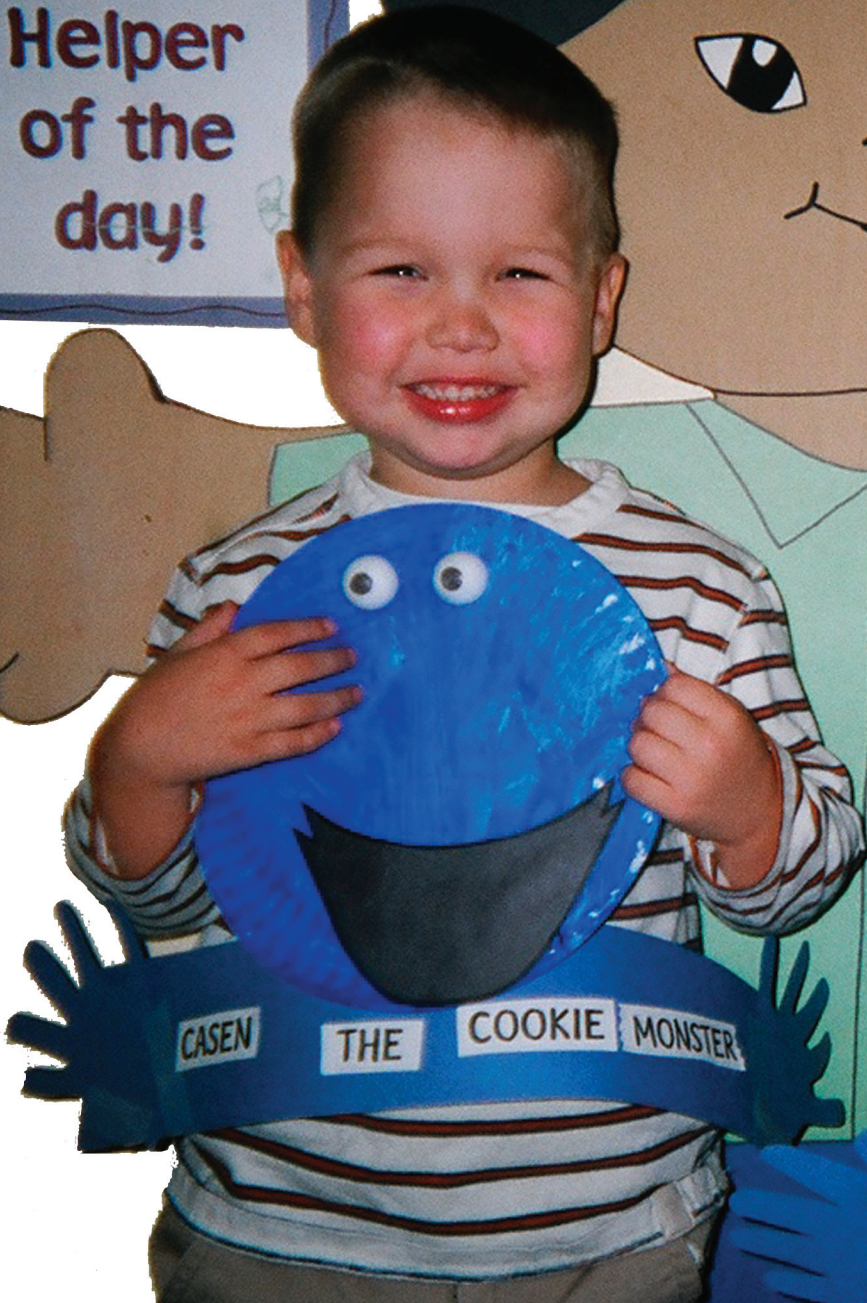
Eating well is important! · Week 4 - Autumn

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Lunch	Cream of vegetable soup (#1)	Tomato juice	Blanched crudité <i>(dip: optional)</i> (#2)	Bean salad (#8)	Vegetable barley soup (#14)
	Rice with tofu and vegetables (#68)	Venison deer Sagamité <i>(or other meat)</i> (#3)	Chicken mini-pizzas (#42)	Macaroni and cheese (#54)	Ham omelette (#45)
	Canned mandarin oranges in juice	Bannock (#19) <i>(or whole-wheat bun)</i>	Pieces of pear	Home-made fruit salad (#100) <i>(or canned in juice)</i>	Spice squares (#81) <i>(or graham crackers)</i>
Afternoon snack	Crackers and cheese 100% pure juice	Banana bread (#95) <i>(or raisin bread)</i> Milk	Carrot cookies (#76) <i>(or commercial oatmeal cookies)</i> Milk	Apple muffins (#94) <i>(or whole-grain cereal)</i> Milk	Apricot mousse (#91) <i>(or yogurt)</i> Tea biscuits Water



Helper
of the
day!

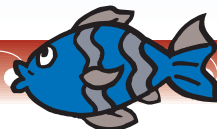
Too much work?
Did you think of buying
frozen vegetables?
They're pre-cut and peeled
and cook very quickly.



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) Meat-filled tortellini in rosé sauce (#71) Canned pineapple in juice	Chicken potpie (#49) Boiled potatoes Fruit gelatine (#89) (or fruit)	Baked fish fillet with lemon and parsley (#33) Rice (#66) Green beans (#38) Unsweetened applesauce	Minestrone soup (#16) Cheese quiche (#64) Blueberry yogurt	Peach beef (#20) Rice noodles Fruit pieces
Afternoon snack	Peach smoothie (#90)	Oatmeal cookies (#87) (or commercial brands) Milk	Minigo 100% pure juice	Raisin bran muffins (#93) (or raisin bread) Milk	Molasses squares (#79) (or commercial molasses cookies) Milk

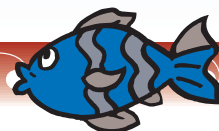


**Never leave meat,
fish or seafood, eggs, milk
and milk products out at
room temperature. Put them in
the refrigerator right away or they
could make me very sick when
I eat them!**



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	BBQ chicken (#59) Boiled potatoes Green peas (#38) Tofu and fruit cream (#84) (or Minigo)	Garden salad (lettuce and cucumber) Lasagna (#37) Blueberry yogurt	Cream of carrot soup (#1) Shepherd's pie (#51) Tea biscuits	Tomato juice Vegetarian couscous (#28) Fresh fruit	Blanched crudité's (dip: optional) (#2) Fusilli with tuna (#44) Unsweetened berry compote
Afternoon snack	Apple cookies (#88) (or commercial oatmeal cookies) Milk	Pear bread (#94) (or commercial date cookies) Milk	Spice squares (#81) (or whole-grain cereal) Milk	Pieces of fruit and cheese Water	Vanilla yogurt 100% pure juice

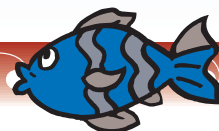




**Yes, I like cakes, pies,
candies, and chocolate cookies.
But did you know I like yogurt and fruit
just as much and they are good for
my health, give me energy and
don't give me cavities?**

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	Beet salad (#5)	Salmon pie (#50)	Chicken fajitas (#31)	Meatloaf (#48)
	Beef barley soup meal (#17)	Fettucine with tofu tomato sauce (#53)	Broccoli (#38)	Rice (#66)	Mashed potatoes (#63)
	Whole-wheat bun	Canned mandarin oranges in juice	Peach yogurt	Home-made fruit salad (#100) <i>(or canned in juice)</i>	Carrots (#38)
Afternoon snack	Strawberry yogurt	Whole-wheat bun	Vanilla cream (#83) <i>(or yogurt)</i>	Apricot bars (#75)	Fruit smoothie (#90)
	Crackers and cheese	Crackers and cheese	100% pure juice	Orange muffins (#92) <i>(or commercial oatmeal cookies)</i>	Milk
	Carrot bread (#94) <i>(or whole-grain cereal)</i>	Milk			

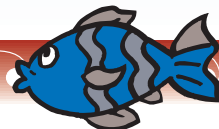


**Don't worry,
following a menu and preparing
meals is not so complicated.
You'll get used to it.**



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 (#14)	Blanched crudités <i>(dip: optional)</i> (#2)	Sauteed turkey and vegetables (#70)	Cubed beef with tomatoes (#72)
	Vegetarian croquette (#29)	Mini-pizzas with ham (#42)	Macaroni with meat (#40)	Rice (#66)	Mashed vegetables (#39)
	Boiled potatoes	Clementines <i>(or other fruit)</i>	Canned peaches in juice	Berry yogurt	Whole-wheat bun
	Green peas (#38)				Pineapple crumble (#85) <i>(or canned pineapple in juice)</i>
	Date squares (#80) <i>(or commercial date bars)</i>				
Afternoon snack	Fruit pieces Cheese Water	Topped banana (#74) Water	Crackers and vegetable spread (#104) 100% pure juice	Apple bread (#94) <i>(or unsweetened applesauce and tea biscuits)</i> Milk	Whole-grain cereal Milk





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