

# Sample Menu with Recipe Ideas

**\*\*Please note\*\*:** The recipe links provided in this menu are for ideas only. The recipes have not been tested for quality or accuracy of yield and may need to be adapted to be appropriate for young children. Please check all recipes for potential allergens and choking hazards prior to serving in your program. Other content on linked websites may not align with the Manual for Food and Nutrition in Early Learning and Child Care Programs. When infants 6-12 months or age are in attendance, iron rich foods must be included twice daily, and honey may not be included in recipes. This sample menu does not meet this requirement on all days and would require adjustments for children of this age group.

Water is to be available to children throughout the day.

At morning and afternoon snack offer fruit/vegetable, plus either a protein or whole grain, water, and optionally milk and/or fortified milk alternative. At noon meal offer one kind of vegetable and one kind of fruit or two kinds of vegetables; at least one grain option; and at least one protein food, with water, milk, and/or a fortified milk alternative.

WEEK 1 Date:	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack (At least one kind of vegetable or fruit; At least one grain and/ or protein food)	<a href="#">Green smoothie</a> made with yogurt, spinach and mango, whole grain o-shaped cereal on the side	Nut butter or soy butter <a href="#">banana roll-ups</a> (Whole wheat tortilla)	<a href="#">Overnight oatmeal</a> with frozen blueberries	Hardboiled egg and snap peas	Cottage cheese with peaches and cinnamon
Vegetables and Fruit	<a href="#">Spinach</a> and mango (frozen)	Banana	Blueberries	<a href="#">Snap peas</a>	Canned peaches in juice (rinsed and drained)
Whole Grain or Protein	Whole grain cereal  Plain Yogurt	Whole wheat tortilla  Nut/Soy butter	Oatmeal	Egg	Cottage cheese
Noon meal (At least one kind of vegetable and one kind of fruit or two kinds of vegetables; At least one grain option; At least one protein food)	Grilled cheese on whole grain bread with sweet potato wedges and apple slices	<a href="#">Turkey and lentil meatballs</a> in tomato sauce with whole wheat pasta and steamed broccoli	<a href="#">Fish cakes</a> (use unsalted fish and omit bacon) with brown rice and frozen peas	<a href="#">Chili</a> (meat, beans) with <a href="#">cornbread</a>	<a href="#">Hearty chicken soup</a> with whole grain noodles (add bok choy) and banana
Milk or fortified milk alternative)	Milk and/or fortified soy beverage	Milk and/or fortified soy beverage	Milk and/or fortified soy beverage	Milk and/or fortified soy beverage	Milk and/or fortified soy beverage
Vegetables and Fruit	<a href="#">Sweet potato</a> , apple slices	Tomato sauce and steamed <a href="#">broccoli</a>	<a href="#">Frozen peas</a> , potatoes (in fish cakes)	Canned tomatoes, <a href="#">green peppers</a> (in chili), mixed frozen fruit	<a href="#">Bok choy</a> , <a href="#">carrots</a> , onion, banana
Whole Grain	Whole grain bread	Whole wheat pasta	Brown rice	Cornbread (made with half whole grain flour)	Whole grain noodles
Protein	Cheddar cheese	Turkey and lentils	Fish	Beef and beans	Chicken
Afternoon snack (At least one kind of vegetable or fruit; At least one grain and/or protein food)	<a href="#">Pumpkin raisin muffin</a> and orange slices	Sliced red peppers and <a href="#">black bean dip</a>	Whole grain toast with tahini maple spread (thinly spread) and canned pears	Yogurt and mixed fruit (from frozen), with homemade granola topping	Cucumbers, <a href="#">hummus</a> and whole grain pita wedges
Vegetables and Fruit	<a href="#">Pumpkin</a> , raisins, oranges	Red bell pepper	Canned pears in juice (rinsed and drained)	Mixed fruit	<a href="#">Cucumber</a>
Whole Grain or Protein	Whole wheat flour	Black bean dip	Whole grain toast  <a href="#">Tahini maple spread</a> (replace peanut butter and honey with tahini and maple syrup)	Oats [in homemade <a href="#">granola</a> (replace nuts with sunflower or pumpkin seeds)]  Yogurt	Whole grain pita wedges  Hummus

WEEK 2 Date:	Monday	Tuesday	Wednesday	Thursday	Friday
Morning snack (At least one kind of vegetable or fruit; At least one grain and/ or protein food)	<a href="#">Muffins</a> (Carrot and apple) with orange slices	<a href="#">Berry Brunch Bake</a> (omit nuts)	<a href="#">Spinach and sweet potato frittata</a>	<a href="#">Brown rice pudding</a> , sliced melon, water	<a href="#">Banana bread</a> (omit walnuts) and oranges
Vegetables and Fruit	Carrots, apples, orange slices	Mixed berries (frozen and thawed)	Spinach, sweet potatoes	Melon	Bananas, orange slices
Whole Grain or Protein	Whole wheat flour	Whole grain bread	Eggs	Brown rice	Whole wheat flour
Noon meal (At least one kind of vegetable and one kind of fruit or two kinds of vegetables; At least one grain option; At least one protein food)	<a href="#">Egg salad sandwich</a> , roasted zucchini and orange slices	<a href="#">Tofu masala curry</a> with rice, green beans, apples	<a href="#">Fish Tacos</a> (your choice of fish) with garden salad, water	<a href="#">Turkey and lentil shepherds pie</a> , roasted broccoli, with whole grain bread water	<a href="#">Three Sisters Soup</a> with cucumber sticks and whole wheat roll
Milk or fortified milk alternative)	Milk and/or fortified soy beverage	Milk and/or fortified soy beverage	Milk and/or fortified soy beverage	Milk and/or fortified soy beverage	Milk and/or fortified soy beverage
Vegetables and Fruit	Zucchini, oranges	Green beans, apples	Garden salad (romaine lettuce, tomatoes, cucumbers)	Potatoes, peas, carrots, onion, broccoli	Cucumber, celery, butternut squash, corn
Whole Grain	Whole grain bread	Brown rice	Whole grain tortilla	Whole grain bread	Whole wheat roll
Protein	Egg	Tofu	Haddock/tilapia/salmon	Turkey, lentils	Beans
Afternoon snack (At least one kind of vegetable or fruit; At least one grain and/or protein food)	Apple slices with <a href="#">cinnamon yogurt dip</a>	Cold pasta salad (whole wheat pasta, diced vegetables, lemon vinaigrette)	Cheese Cubes, <a href="#">Beet and Barley salad</a>	<a href="#">Zucchini muffin</a> (substitute half whole wheat flour and omit nuts), apple sauce	Whole grain crackers and <a href="#">tzatziki</a> (yogurt dip), carrot sticks
Vegetables and Fruit	Apples	Tomatoes, carrots, red bell peppers	Beets	Zucchini, apple sauce	Carrot
Whole Grain or Protein	Plain yogurt mixed cinnamon, maple syrup and vanilla	Whole wheat pasta	Pot barley (NOT pearled as this is not whole grain)  Cheddar cheese	Whole wheat flour	Whole grain crackers

### **Other Recipe Ideas**

[Oat and pumpkin no-bake bites - Canada's Food Guide](#)

[Apple sandwiches - Canada's Food Guide](#)

[Funny Face Pizza - Unlock Food](#)

[Yogurt bark with berries - Canada's Food Guide](#)

For more information on adapting recipes visit:

[Adjusting recipes to meet your needs - Canada's Food Guide](#)

[Recipe Makeover - Unlock Food](#)