

Sample Fall Menu

Enjoy Fall!

GREAT SEASONAL IDEAS:

Broccoli

Try in quiche, soup, pasta sauce and salad.

Sweet potatoes

Try baked, mashed, in potato salad and soups, and fresh with dip.

Blue table grapes

Try in fruit salad, over cereal and as part of a fruit and cheese platter.

Pears

Try in crisps, muffins, hot or cold cereal, and bread pudding, and with cheese.

Find out more:

Visit www.foodlandontario.ca to find pick-your-own locations, see what's in season and locally available, and get recipes.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Whole-grain waffles Yogurt mixed with canned apricots Milk	BREAKFAST Overnight Cheese Strata (recipe, page 32) Melon wedge Milk	BREAKFAST Microwaved oatmeal with milk, peanut butter and chopped apples 100% orange juice	BREAKFAST Breakfast pizza (whole-grain English muffin, pizza sauce, cheese) Canned peaches Milk	BREAKFAST Mexican omelette (Monterey Jack cheese and mild salsa) Orange wedges Milk
SNACK Rice pudding with cranberries Water	SNACK Zucchini loaf 100% grape juice	SNACK Pumpkin bread Blue table grapes Milk	SNACK Cheese fondue with apple wedges (or cheese cubes) Water	SNACK Pear slices over whole-grain crackers with thinly spread peanut butter or pea butter Milk
LUNCH Veggie, kidney bean and pasta soup Toasted garlic bread Orange and halved grapes Milk	LUNCH Spaghetti squash with tomato and lean ground meat sauce Small whole-grain roll Coleslaw Milk	LUNCH Homemade fish nuggets Oven-warmed whole- wheat pita wedges Baked plantain Greek salad Milk	LUNCH Egg noodle soup Microwaved frozen edamame Kiwi Milk	LUNCH Curried chicken salad in whole-wheat pita Cantaloupe balls Milk
SNACK Guacamole or salsa with assorted veggies (jicama, carrots, celery) and baked tortilla wedges Apple cider	SNACK Yogurt-fruit smoothie	SNACK Fruity slaw (cabbage, cut-up fruit, sunflower seeds and Asian vinaigrette) Milk	SNACK Bean Quesadillas (recipe, page 33) Watermelon Water	SNACK Carrot and raisin salad Bread sticks Water
DINNER Beef stroganoff Whole-wheat noodles Green salad Blueberries over ice cream Water	DINNER Spanish rice and lentils Steamed broccoli Fruit cup Water	DINNER Zucchini and red pepper frittata Whole-grain bun Tomato soup Yogurt over apple crisp Water	DINNER Baked lemon sole Couscous and vegetable salad (frozen vegetables) Green beans Sherbet Water	DINNER Chickpea, veggie and pasta soup Toasted whole-grain bagel with melted cheese Homemade chunky applesauce Water

DIETITIAN'S TIP:

Make the switch
to whole grains

Whole grains have 80% more disease-fighting compounds than refined grains (white bread, white rice). Try:

- Adding oatmeal to pancake mix.
- Using whole-grain bread for grilled cheese sandwiches and French toast.

Find out more at www.healthcanada.gc.ca/foodguide.