

Sample Summer Menu

Enjoy Summer!

GREAT SEASONAL IDEAS:

Berries

Try in French toast, waffles, crepes, cereal, yogurt, frozen fruit pops, fruit kebabs and green salads.

Snow peas

Try in scrambled eggs, salads and yogurt dip.

Napa cabbage

Try in coleslaw, tossed salad, stir-fries and chicken soup.

Apricots

Try in pancake or muffin batter, smoothies and milk pudding, and on cereal.

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 Granola over sliced plums and plain yogurt Water	BREAKFAST Whole-grain cereal Mango and blueberries Milk	BREAKFAST Baked Cinnamon French Toast (recipe, page 32) Fresh peach slices Milk	BREAKFAST Cinnamon-raisin bagel spread with peanut butter and topped with sliced bananas and raspberries Milk	BREAKFAST Egg-filled Tortilla Cups (recipe, page 33) Cherries Milk
SNACK Egg Salad in a Cone (recipe, page 33) Colourful, fresh sliced veggies Milk	SNACK Make-your-own fruit smoothie Water	SNACK Fresh fruit salsa with baked whole-wheat pita wedges dusted with cinnamon Milk	SNACK Whole-grain cereal with milk Apricot halves Water	SNACK Make-your-own fresh fruit cup (grapes, berries, cantaloupe) Milk
LUNCH Veggie and black bean whole-wheat couscous salad Wedge of watermelon Milk	LUNCH Teriyaki Tofu Stir-fry (recipe, page 34) Homemade ice cream sandwich Milk	LUNCH Individual pizzas (leftover meats) Zucchini, carrot and celery sticks with ranch dip Milk	LUNCH Make-your-own beef tacos (lean ground beef, shredded lettuce, carrots, tomatoes, cucumber) Napa cabbage salad Milk	LUNCH Baked fish fillets Egg noodles Steamed baby bok choy Sliced red peppers with dip Milk
SNACK Fruit slushy made with seasonal fruit, juice and ice Mini whole-wheat pita stuffed with tuna salad (made with light tuna)	SNACK Fresh tomato bruschetta (on whole-grain baguette) Cheese platter Water	SNACK Fruit fondue (mango, cantaloupe, strawberries, bananas) with vanilla-honey yogurt dip Water	SNACK Sweet potato salmon cakes with honey-mustard dipping sauce Sliced fresh fruit (peach, plum, pear) Water	SNACK Frozen yogurt-fruit pops (puréed fruit blended with yogurt and frozen in Popsicle molds)
DINNER Chicken-pasta salad Cut-up cucumbers, peppers and tomatoes Strawberry smoothie	DINNER Grilled fish, peppers and eggplant Quinoa pilaf Soy beverage	DINNER Make-your-own omelette Whole-grain toast Green salad with berries Water	DINNER White bean, parsley and tomato salad Whole-grain roll Cheese cubes Water	DINNER Jerk beef and veggies in a pita Corn on the cob Cantaloupe wedges Water

DIETITIAN'S TIP: Overweight children

If a child's doctor has said that the child is overweight, here are some tips that can help:

- Trade screen time (TV, computers, video games) for active playtime.
- Serve vegetables and/or fruits at each meal and snack time.
- Talk to a registered dietitian for personalized advice.