

# Sample Winter Menu

## Enjoy Winter!

### GREAT SEASONAL IDEAS:

#### Rutabaga (turnip)

Try mashed, raw with dip, and in soups and stews.

#### Mushrooms

Try in omelettes, vegetable kebabs, fried rice and quesadillas.

#### Cabbage

Try in cabbage rolls, stir-fries, sandwiches, vegetable soup and coleslaw.

#### Apples

Try baked and in pancakes, muffins, curried soups, applesauce and bread pudding.

### Find out more:

Visit [www.foodlandontario.ca](http://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
<b>BREAKFAST</b> Pizza Omelette (recipe, page 34) Clementine Milk	<b>BREAKFAST</b> Grilled cheese sandwich made with raisin bread Apple slices Milk	<b>BREAKFAST</b> Rolled-up pancakes filled with chopped fresh or canned fruit Milk	<b>BREAKFAST</b> Cheese quesadillas made with whole-wheat tortillas Pear slices Milk	<b>BREAKFAST</b> Banana Blueberry Muffin (recipe, page 32) Canned apricots Milk
<b>SNACK</b> Carrot Potato Pancakes (recipe, page 33) Salsa Milk	<b>SNACK</b> Sweet potato wedges Oven-baked whole-grain pita wedges Salsa Water	<b>SNACK</b> Homemade apple-oat bran quick bread Warmed chocolate milk	<b>SNACK</b> Mixed berry (frozen) crisp topped with vanilla yogurt Milk	<b>SNACK</b> Microwaved frozen edamame Whole-grain crackers Hummus Water
<b>LUNCH</b> Beef curry roti Peas (frozen) Milk	<b>LUNCH</b> Egg and Mushroom Fried Rice (recipe, page 34) Tomato soup made with powdered milk Water	<b>LUNCH</b> Homemade fish burger on whole-grain bun with lettuce and tomato slices Cabbage and apple coleslaw Milk	<b>LUNCH</b> Sweet and sour pork Rice vermicelli Stir-fried frozen veggies Milk	<b>LUNCH</b> Homemade mac and cheese with broccoli Garlic bread Fruit kebab (grapes, bananas, clementines on straws) Milk
<b>SNACK</b> Trail mix (shredded-wheat squares, oat cereal, pretzels, air-popped popcorn) Cheese cubes Water	<b>SNACK</b> Winter fruit bowl (orange, tangerine, kiwi, banana and apple mixed with fruit yogurt) Milk	<b>SNACK</b> White bean dip Sliced veggies and whole-grain crackers Water	<b>SNACK</b> Pita-cheese crisps (toasted whole-wheat pitas, grated Cheddar cheese) 100% cranberry juice or blend	<b>SNACK</b> Mini quiche Raw turnip sticks Water
<b>DINNER</b> Broccoli soup Shrimp and veggie jambalaya (rice) Water	<b>DINNER</b> Chicken and veggie stew with dumplings Baked Rice Pudding (recipe, page 33) Soy beverage	<b>DINNER</b> Butternut squash soup Muffin tin meatloaf Green peas Brown rice Water	<b>DINNER</b> Broiled salmon Steamed bok choy Whole-wheat couscous Berry (frozen) smoothie	<b>DINNER</b> Turkey pot pie Spinach and mandarin orange salad Baked apples Water

### DIETITIAN'S TIP: Vegetarianism

Vegetarian meals can be nutritious and easy on the budget. Replace meat with alternatives such as:

- Eggs
- Peanut butter, nuts and seeds
- Legumes (such as lentils, kidney beans and tofu)

To plan meals for vegans (vegetarians who do not eat any foods that come from animals), get advice from a registered dietitian.