

**Summary – Cooking ensemble menu (Winter 2016 version)**

<b>Week 1</b>	<b>For balance, pair at home with:</b>	<b>Canada's food guide</b>	<b>Key nutrition facts for main dish</b>	<b>Allergens CONTAINS:</b>	<b>MAY CONTAIN:</b>	<b>Container:</b>	<b>Eat on:</b>
<b>Wheat berry and apple salad</b>	<b>250 ml yogurt or kefir</b>	Grain F/V Milk/alt	Kcal - 100 Carb - 17 g Fibre - 2 g Protein - 2 g Fat - 4 g	Wheat	Sulphites	Single	Monday
<b>Roasted rosemary potatoes &amp; Roasted chicken with citrus</b>	<b>Cooked mixed vegetables</b>	Mt/alt Grain F/V	Kcal - 220 Carb - 14 g Fibre - 3 g Protein - 22 g Fat - 8 g	none	Sesame, mustard, soya and wheat	Single	Tuesday
<b>Spinach tofu dip</b>	<b>Raw veggies, sliced whole wheat pita</b> <b>250 mL milk or yogurt</b>	Mt/alt Grain F/V Milk/alt	Kcal - 15 Carb - 1 g Fibre - 0 g Protein - 1 g Fat - 1 g	Soya, sesame	Wheat	Single	Wednesday
<b>Baked Salmon-potato cakes</b>	<b>Fresh garden salad</b> <b>250 mL milk or yogurt</b>	Mt/alt F/V Milk/alt	Kcal - 120 Carb - 15 g Fibre - 2 g Protein - 7 g Fat - 3.5 g	Milk, eggs, salmon	Sesame, mustard, soya and wheat	Single	Freeze and eat before 1 year
<b>Pinto bean soup</b>	<b>low sodium crackers (e.g. Ryvita), avocado and mozzarella cheese</b>	Mt/alt Grain F/V Milk/alt	Kcal - 250 Carb - 38 g Fibre - 9 g Protein - 12 g Fat - 6 g	none	Sesame, mustard, soya and wheat	Tight seal container for soup	Freeze and eat before 1 year

\* Portion sizes for main dishes may need to be increased to make them into full meals rather than side dishes

Canada's Food Guide Legend: Meat and alternatives (beef, chicken, fish, legumes) = Mt/alt  
 Grain Products (breads, cooked rice or grains, cereals) = Grain  
 Fruits and vegetables = F/V  
 Milk and alternatives (milk, fortified soy beverages, yogurt, cheese) = Milk/alt

**Summary – Cooking ensemble menu (Winter 2016 version)**

<b>Week 2</b>	<b>For balance, pair at home with:</b>	<b>Canada's food guide</b>	<b>Key nutrition facts for main dishes</b>	<b>Allergens CONTAINS:</b>	<b>MAY CONTAIN:</b>	<b>Container:</b>	<b>Eat on:</b>
<b>Quinoa Salad</b>	<b>250 mL milk or kefir, orange slices</b>	Grain F/V Milk/alt	Kcal - 190 Carb - 37 g Fibre - 5 g Protein - 7 g Fat - 2.5 g	none	Wheat, sulfites	Single	Monday
<b>Buckwheat pilaf with vegetable medley and turkey bacon</b>	<b>250 mL yogourt or kefir</b>	Mt/alt Grain F/V Milk/alt	Kcal - 150 Carb - 24 g Fibre - 2 g Protein - 6 g Fat - 5 g	none	Nuts, sesame, mustard, soya and wheat	Single	Tuesday
<b>Orange spice zucchini muffins</b>	<b>Veggie sticks, apple or orange 50 g cheddar cheese</b>	Mt/alt Grain F/V Milk/alt	Kcal - 140 Carb - 18 g Fibre - 2 g Protein - 3 g Fat - 6 g	Wheat, eggs, milk	Nuts, peanuts, sesame, mustard, soya	Single	Freeze and eat before 1 year
<b>Traditional mole with chickpeas and rice</b>	<b>Fresh veggies 250 mL milk or yogurt</b>	Mt/alt Grain Milk/alt F/V	Kcal - 230 Carb - 37 g Fibre - 7 g Protein - 10 g Fat - 6 g	none	Sesame mustard, soya, wheat, milk ingredients	Single	Freeze and eat before 1 year
<b>Vegetarian chili</b>	<b>Whole grain bread, 1-2 slices 50 g mozzarella cheese</b>	Mt/alt Grain F/V Milk/alt	Kcal - 80 Carb - 15 g Fibre - 3 g Protein - 4 g Fat - 0.5 g	none	Sesame, mustard, soya and wheat	Tight seal container for soup	Freeze and eat before 1 year

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