

Week 1

Monday	
Lunch: Homemade Pizza	
Dough: <ul style="list-style-type: none">• 1.5 cups warm water• 4 tsp dry active yeast• 1 tbsp olive oil• 1 tbsp honey• 3.5 cups whole wheat flour• 1 tsp salt	Toppings: <ul style="list-style-type: none">• 1 large can pasta sauce• 3 cups diced ham• 2 green peppers diced• 2 cans mushrooms, drained• 4 cups mozza cheese, shredded
Directions: <ol style="list-style-type: none">1. Combine the water, honey and yeast. Let sit for 5-10 minutes in a large bowl until bubbly.2. Once the yeast mixture is bubbly, mix in the oil. Add in the flour and salt slowly and mix in as you go. Mix with a large spoon or hand until well combined.3. Once the pizza dough comes together, knead for 8-9 mins on a lightly floured surface until a smooth springy ball forms.4. Place the dough in an oiled bowl and cover and leave in a warm spot for 30-45 mins to rise until doubled in size.5. Punch the dough down and let it rest for another 10-15 mins. Roll out the dough to prepare pizzas. This is enough dough to cover two large cookie sheets.6. Preheat the oven to 425 F and place all toppings on both pizzas.7. Bake pizzas for 12-15 minutes until the crust is golden brown and cheese is melted.8. Let sit for a few 2-3 minutes before cutting and serving.	
Notes: <ul style="list-style-type: none">★ <i>Serve with a tossed salad (lettuce, shredded carrot, cucumber, green onion, etc) with choice of dressing.</i>★ <i>Substitute another protein (salami, summer sausage, pepperoni, smokies, etc.) when on sale.</i>	
PM Snack: Apple Pie Snack	
Ingredients: <ul style="list-style-type: none">• 10 graham crackers• 5 cups apples, diced (about 3-5 apples)• 4 cups unsweetened apple sauce	<ul style="list-style-type: none">• 2.5 cups plain greek yogurt• 1.25 c maple syrup
Directions: <ol style="list-style-type: none">1. Get out 20 small bowls and crush half of a graham cracker in the bottom.2. Top with a ¼ cup diced apples, 3-4 tbsp of applesauce, 2 tbsp greek yogurt and 1 tbsp maple syrup in each bowl3. Serve immediately.	
Notes: <ul style="list-style-type: none">★ Lentil granola can be subbed for graham crackers.★ Honey can be subbed for maple syrup. (Except for infants under 12 months).	

Tuesday

AM Snack: Whole Grain Oatmeal with Berries

Ingredients:

- 8 cups large flake oats
- 16 cups water
- 1 cup chia seeds
- 1 cup ground flax/flax seeds
- 2 tbsp cinnamon
- 6 cups frozen berries
- 0.5 cup honey or maple syrup
- 2-3 cups of hot water.

Directions:

1. Add water to a large pot and bring to a boil. Add in oats and cook until it starts to thicken.
2. Add in the chia seeds and flax seeds. Turn heat down to low and let simmer until thickened.
3. Add in cinnamon, blueberries and honey/maple syrup. Stir to combine.
4. If oatmeal gets too thick, add in a little hot water at a time until desired consistency is reached.

Lunch: Pulled Pork Buns with Coleslaw

Ingredients: Pulled Pork

- 10 whole wheat buns
- 8 lbs pork
- 2 large onions, thinly sliced
- 4 tbsp maple syrup
- 4 tbsp mustard
- 2.5 cups water
- 1 tbsp chili powder
- 2 tsp salt
- 2 tsp paprika
- 2 tsp oregano
- 1 tsp black pepper
- 1 tbsp garlic powder
- 1 tbsp onion powder

Directions:

1. Preheat oven to 325 F
2. Combine maple syrup, honey and spices together in a small bowl.
3. Pat pork dry with a paper towel, slather with spice mixture, place in a roaster, add in onions and water, cover and bake for 2-3 hours.
4. Remove pork from the roaster, shred and add back to juices. Mix thoroughly.
5. Place about a ¼ cup of meat on half of a bun and serve.

Notes:

- ★ The type of pork used for this recipe will be determined by what is on sale. Pork shoulder, pork loin, pork tenderloin, etc. can all be used for this recipe.

Coleslaw

Ingredients: Salad

- 8 cups green cabbage, finely shredded
- 1 cup shredded carrot
- 1 cup celery, finely minced
- 0.5 cup green onion, chopped

Ingredients: Dressing

- 0.5 cup plain greek yogurt
- .25 cup mayonnaise
- 1 tbsp vinegar
- 2 tsp maple syrup
- 1 tsp mustard
- 1 tsp each salt and celery seed

Directions:

1. Add veggies and dressing into a large bowl and let sit for 30 minutes before serving.

Notes:

- ★ Each child should get about ½ cup per serving.

PM Snack: Trail Mix

Ingredients:

- | | |
|---|--|
| <ul style="list-style-type: none"> ● 6 cups Crispix ● 5 ⅓ cup original Cheerios ● 3 cups sunflower seeds | <ul style="list-style-type: none"> ● 3 cups pumpkin seeds ● 1 ⅓ cup unsweetened coconut ● 1 ⅓ cup unsweetened raisins |
|---|--|

Directions:

1. Mix all ingredients together in a large bowl.

Notes:

- ★ *Substitute any whole grain, no sugar added cereal when on sale.*
- ★ *Substitute raisins for dried unsweetened currants, apricots, blueberries, cherries, etc*
- ★ *Each serving is around 1 cup.*

Wednesday**AM Snack: Muffins**

Notes:

- ★ *Please use an approved muffin recipe found at the back of the binder.*
- ★ *Utilize any fruit/ ingredients that need to be used up to reduce waste.*

Lunch: Goulash

Ingredients:

- | | |
|--|---|
| <ul style="list-style-type: none"> ● 1 lb ground beef ● 1 lb ground pork ● 1 tbsp garlic powder ● 2 large onions, diced ● 4 celery stalks, diced ● 2 bell peppers, diced ● 2 cans mushrooms, finely diced, reserve water ● 1 can black beans, drained & rinsed | <ul style="list-style-type: none"> ● 2-796mL cans diced tomato ● 1-796mL can of crushed tomato ● 1-796mL can of water ● 2 tbsp dried italian herbs ● 8 cups uncooked elbow macaroni ● 2 cans corn, undrained ● 1 tbsp sea salt ● 1 tsp pepper |
|--|---|

Directions:

1. Heat a large pot over medium-high heat.
2. Add the beef and pork, cook halfway though and add diced onion, celery and pepper until meat is browned.
3. Add in the mushrooms, black beans, diced tomato, crushed tomato, water, and herbs. Bring to a simmer.
4. Stir in macaroni, corn, salt & pepper and simmer for 15-20 minutes until macaroni is tender.

Notes:

- ★ *Ground turkey, ground chicken, and lentils, are all substitutes that can be made if ground beef/pork are not on sale.*

Thursday

AM Snack: Pancakes with Fruit Compote

Ingredients: Pancakes

- 3 cups milk
- 3 tbsp vinegar or lemon juice
- 3 cups whole wheat flour
- 4.5 tsp baking powder
- 1.5 tsp baking soda
- 1 tsp sea salt
- 1 tsp cinnamon
- 3 eggs
- 6 tbsp butter, melted
- 6 tbsp maple syrup or honey
- 3 tsp vanilla extract

Directions:

1. In a small bowl, combine milk and vinegar/lemon juice and let stand for 5 minutes to make "buttermilk"
2. In a larger bowl whisk together flour, baking powder, baking soda, salt and cinnamon.
3. To the buttermilk mixture add in lightly beaten eggs, melted butter, maple syrup/honey and vanilla.
4. Create a well in the center of your flour mixture, add in your buttermilk mixture and stir until just combined. Some small lumps are okay. Allow the batter to rest for at least 5 min.
5. Heat your griddle to 375 F. Use a little butter to coat the surface if necessary.
6. Use a ¼ cup to scoop the batter onto the griddle. Fry until the edges are golden and small holes begin to appear. About 3-4 minutes.
7. Flip pancakes and cook for an addition 2-3 minutes until cooked through.
8. Transfer to a plate and keep warm until ready to serve.

Ingredients: Fruit Compote

- 9 cups frozen fruit of choice, berries work best
- 0.5 cup water
- 2 tsp vanilla
- 0.25 cup maple syrup/honey

Directions:

1. Add all ingredients to a pot over medium heat and bring to a simmer.
2. Once simmering, use your wooden spoon or fork to muddle the fruit until there are no large chunks left.
3. Serve over pancakes.

Lunch: Chicken Salad Sandwich

Ingredients:

- 6 cups chicken, shredded/diced
- 1.5 cups greek yogurt
- 1.25 cups celery, chopped
- 0.5 cup green onion, minced
- 1 red bell pepper, minced
- 3 tbsp mustard
- 2 tsp garlic powder
- 1 tsp paprika
- Salt & pepper to taste

Directions:

1. Mix all ingredients together and let sit for at least 30 minutes before serving.
2. Make a sandwich using two pieces of whole wheat bread and about ¼ cup of chicken salad.

Notes:

- ★ *Serve with fruit of choice.*

Friday

AM Snack: Greek Yogurt with Homemade Granola

Ingredients: Granola

- 2.5 cups rolled oats
- 0.75 cup sunflower seeds
- 0.75 cup shredded unsweetened coconut
- 1 tsp cinnamon
- 0.5 tsp salt
- 0.5 cup dried apricot, finely chopped
- 0.75 cup unsweetened raisins
- 1/3 + 1 tbsp maple syrup
- 1/3 cup wowbutter
- 1 tsp vanilla

Directions:

1. Preheat oven to 325 F.
2. Add all dry ingredients into a large mixing bowl and stir to combine.
3. Add in all other ingredients and mix until well combined, ensuring everything is coated evenly.
4. Transfer to a baking sheet and spread evenly. Bake for 20 minutes stirring about halfway through and gently pressing the granola down so that it sticks together.
5. Once granola is golden brown, let cool completely and break into medium sized chunks.

Note:

- ★ *Pepitas (pumpkin seeds) can be used as a substitute for sunflower seeds if on sale.*
- ★ *Each serving size is roughly a quarter cup.*
- ★ *Lentil butter can be used as a substitute for wowbutter if on sale.*
- ★ *Other unsweetened dried fruits like dates, cherries, raisins, etc. can be subbed in as well.*

Lunch: Egg Salad Sandwiches

Ingredients:

- 24 hard boiled eggs, chopped
- 0.5 cup green onion, chopped
- 1 cup celery, finely chopped
- 1 cup greek yogurt
- 1 cup mayonnaise
- 1 tbsp freeze dried dill
- 1 tbsp garlic powder
- 3 tsp onion powder
- 1 tsp salt
- 1 tsp pepper

Directions:

1. Place eggs in a large pot, fill with water and bring to a boil. Boil eggs for around 9-10 minutes then remove from heat, and fill the pot with cold water.
2. Peel eggs, and roughly chop, adding them to a large bowl. Add in the rest of the ingredients and chill for a minimum of 30 minutes before serving.
3. Place 1/4 cup of egg mixture on a slice of bread for each sandwich.

Notes:

- ★ This makes closer to 24 servings.
- ★ Serve with fresh vegetables on the side.

PM Snack: Cinnamon Apple Wraps

Ingredients:

- 10 large whole wheat tortillas
- 5 cups apples, diced
- 1.25 cups wow butter
- 4 tbsp cinnamon

Directions:

1. Spread 2 tbsp of wow butter on the wrap, top with 1/2 cup diced apples, and 1 tsp of cinnamon. Wrap up and cut in half.

Notes:

- ★ Wowbutter can be subbed with lentil butter or alternative nut free butter.

Week 2

Monday	
AM Snack: Smoothie Bowls	
Ingredients: <ul style="list-style-type: none">● 6 cups milk● 9 cups frozen fruit● 6 bananas	Optional Toppings: <ul style="list-style-type: none">● Sliced banana● Granola● Berries● Shredded coconut
Directions: <ol style="list-style-type: none">1. Place all ingredients in a blender and blend until smooth.2. Place about $\frac{1}{3}$-$\frac{1}{2}$ cup of smoothie in a bowl and top with toppings.	
Lunch: Hamburger Potato Casserole	
Ingredients: <ul style="list-style-type: none">● 1 lb ground beef● 1 lb ground pork● 2 cups cooked lentils● 6-8 lbs potatoes, diced● 2-3 lbs carrots, diced● 4 onions, diced	<ul style="list-style-type: none">● 6-8 bell peppers, diced● 3-4 cups chicken broth● 3 tbsp garlic powder● 3 tbsp italian herbs● 1 tbsp salt● 2 tsp pepper
Directions: <ol style="list-style-type: none">1. Preheat oven to 350 F2. Add the meat in a large pot or skillet and break up into small chunks. Halfway through, add in diced onion and finish browning the meat.3. Combine the rest of the ingredients in a roaster or large casserole dish, cover, and bake until potatoes and carrots are tender.	
PM Snack: Muffins	
Notes: <ul style="list-style-type: none">★ Please use an approved muffin recipe found at the back of the binder.★ Utilize any fruit/ ingredients that need to be used up to reduce waste.	

Tuesday	
AM Snack: Veggie Egg Muffins	
Ingredients: <ul style="list-style-type: none">● 6-8 slices of whole wheat bread, cubed● 1 red bell pepper, diced● 1 green pepper, diced● 0.5 cup green onion, diced● 16 eggs	<ul style="list-style-type: none">● 2 cups milk● 2 cups shredded cheese● 2 tsp garlic powder● 1 tsp salt● 1 tsp pepper

Directions:

1. Preheat oven to 400 F
2. Drop bread cubes evenly in each muffin tin, about $\frac{2}{3}$ to the top.
3. Sprinkle pepper, onions and cheese evenly between each muffin tin.
4. Add eggs, milk and spices to a bowl and whisk thoroughly.
5. Pour egg mixture evenly between muffin tins, top with a bit of cheese and bake until the top is golden brown. 15-18 minutes.

Notes:

- ★ *These can be made ahead of time and frozen.*
- ★ *This recipe makes 24 egg muffins.*

Lunch: Roast with Mashed Potatoes & Mixed Veggies

Notes:

- *Choose either a pork or beef roast, whichever is on sale, and is most cost effective.*
- *Use olive oil, garlic powder, onion powder, salt and pepper and some herbs. Bake it until the appropriate internal temperature is reached.*

PM Snack: Frozen Yogurt with Fruit

Wednesday

Lunch: Grilled Cheese with Tomato Soup

Ingredients: Tomato Soup

- | | |
|--|--|
| <ul style="list-style-type: none">● 5 tbsp butter● 3 onions, finely chopped● 4 garlic cloves, minced● 3 large cans whole tomatoes | <ul style="list-style-type: none">● 2.5 cups chicken broth● 1 cup whipping cream● 0.25 cup honey or maple syrup● $\frac{1}{3}$ cup rice● Salt & Pepper to taste |
|--|--|

Directions:

1. Heat a large pot over medium heat and add butter to the pot.
2. Saute onions until translucent and add in garlic. Continue to saute until garlic is fragrant.
3. Add in the tomatoes, chicken broth and rice, bring to a simmer and simmer for 30 minutes, or until liquid has slightly reduced and rice is cooked through.
4. Transfer soup to a blender, and blend until smooth. Return to pot over medium low heat and add in whipping cream and sweetener of choice.
5. Bring soup back up to a gentle simmer and add salt/pepper to taste.

Notes:

- ★ *If soup is still quite acidic you can add 0.5-1 tsp of baking soda to counteract it.*
- ★ *Ensure onions are cooked thoroughly as they will firm up as soon as you add the acidic tomatoes and will not blend correctly if they aren't cooked enough.*

PM Snack: Veggies with Homemade Hummus

Ingredients:

- | | |
|--|--|
| <ul style="list-style-type: none"> ● 2-540mL cans chickpeas, rinsed and drained ● 1 cup greek yogurt | <ul style="list-style-type: none"> ● 4 tbsp fresh lemon juice ● 2 tsp garlic powder ● 1-2 tsp salt to taste |
|--|--|

Directions:

1. Drain and rinse chickpeas and add them to a blender. Add the rest of the ingredients and blend until smooth.
2. If the mixture is too thick add a little water to thin it out.

Notes:

- ★ *Makes about 24 servings.*
- ★ *If using lemon concentrate use 2 tbsp of lemon juice and 2 tbsp water.*

Thursday**AM Snack: Baked Apple Oatmeal**

Ingredients:

- | | |
|--|--|
| <ul style="list-style-type: none"> ● 6 cups rolled oats ● 3 tsp cinnamon ● 3 tsp baking powder ● 1.5 tsp salt ● 3 cups milk ● 3 cups water | <ul style="list-style-type: none"> ● 1.5 cups unsweetened apple sauce ● 0.5 cup maple syrup ● 3 tbsp ground flax seed ● 3 tbsp butter, melted ● 3 tsp vanilla ● 4-5 cups apples, diced |
|--|--|

Directions:

1. Preheat oven to 375 F
2. In a large bowl mix together all ingredients except for the diced apples.
3. Fold in the diced apples and transfer to a greased baking dish.
4. Bake for 40 minutes, or until the center of the oatmeal is set.

Notes:

- ★ *This can be mixed the day before and put in the oven to bake the next day.*
- ★ *This recipe also stores well and can be made ahead and reheated by warming the entire dish at 350 F covered for 20-30 minutes.*

Lunch: Chicken Broccoli Casserole

Ingredients:

- | | |
|--|---|
| <ul style="list-style-type: none"> ● 2 lbs chicken, shredded ● 6 cups rice, cooked ● 10 cups fresh or frozen broccoli florets ● 6 tbsp olive oil/butter ● 2 onions, diced ● 6 tbsp flour ● 5-6 cups milk or chicken broth | <ul style="list-style-type: none"> ● 1 tsp garlic powder ● 1 tsp onion powder ● 1.5 tsp paprika ● 1.5 tsp salt ● 1 tsp pepper ● 5-6 cups unpacked shredded cheese |
|--|---|

Directions:

1. Preheat the oven to 400 F.
2. In a medium pot heat 2-3 tbsp of olive oil/butter. Saute the onions until translucent.

3. Add in the additional oil/butter and add in the flour. Mix until thickened and slowly add in the milk to form a roux.
4. Add in the spices and cheese, stir until the cheese is melted.
5. Add chicken, rice and broccoli to a large casserole dish. Pour your cheese sauce over and cover.
6. Bake for 30-40 minutes until the casserole is bubbly.

PM Snack: Greek Yogurt & Fruit

Notes:

- ★ *Fresh or frozen fruit can be used as a topping for the greek yogurt.*
- ★ *To add a little sweetness if the fruit is tart, add 1-1.5 tsp of maple syrup/honey to each bowl.*

Friday

AM Snack: Apple Sauce with Homemade Granola

Notes:

- ★ *Use the granola recipe and serve applesauce with the granola on top.*

Lunch: Lasagna with Caesar Salad

Ingredients:

- | | |
|--|--|
| <ul style="list-style-type: none"> ● 1 lb ground beef ● 1 lb ground pork ● 4 cups cooked lentils ● 3 yellow onions diced ● 2 cups shredded carrot ● 2 tbsp garlic powder ● 1 tbsp italian herbs ● 2 tsp chili powder | <ul style="list-style-type: none"> ● 1 tsp salt ● 1-396 mL can tomato paste ● 2-796 mL can crushed tomato ● 1 cup chicken broth ● 600g frozen spinach, thawed and drained ● 2 boxes oven ready lasagna noodles ● 2-3 cups shredded, unpacked cheese |
|--|--|

Directions:

1. Heat a large pot over medium high heat. Add pork and ground beef to the pot. Add in chopped onions and shredded carrots once the meat is halfway browned.
2. Once meat is completely browned, add in cooked lentils, spices, tomato paste, crushed tomatoes, chicken broth and spinach.
3. Simmer sauce for 20-30 minutes.
4. Preheat the oven to 375 F. Assemble lasagna by placing a small amount of sauce in the bottom of a greased roaster or casserole dish, top with noodles, and repeat until all meat sauce is used up.
5. Cover lasagna and bake for 1-2 hours until noodles are tender. In the last 30 minutes of cooking, uncover and add shredded cheese to the top of the lasagna and return to the oven until the cheese is melted and bubbly.

Notes:

- ★ *Substitute more pork/lentils/beef when on sale.*

PM Snack: Banana Loaf with Fruit

Notes:

- ★ *Please use the approved recipe found at the back of binder.*

Week 3

Monday

Lunch: Chop Suey

Ingredients:

- 2 tbsp olive oil
- 4 lbs ground pork
- 2 tsp pepper
- 2 large onions, thinly sliced
- 6 celery stalks, sliced
- 1-2kg bag frozen mixed vegetables
- 2 large cans bean sprouts
- 0.75 cup soy sauce
- 0.25 cup sesame oil
- 1 cup chicken broth
- 1-2 tbsp cornstarch
- 2 tbsp garlic powder

Directions:

1. Preheat oven to 350 F
2. Heat the oil in a large pot or pan over medium high heat. Add your ground pork, salt and pepper and fry until browned.
3. Add in onion and celery, fry for 1-2 minutes until onion becomes fragrant.
4. Combine soy sauce, sesame oil, chicken broth, cornstarch and garlic powder in a small bowl and whisk to combine. Add this mixture to your pot or pan and let it simmer until thickened. Make thicker than you think is needed as the frozen vegetables and bean sprouts will thin the sauce as it cooks.
5. Pour your meat mixture into a roaster or large casserole dish.
6. Mix in your frozen vegetable and bean sprouts, mix to ensure everything is combined.
7. Place in the oven for 30-40 minutes until frozen vegetables are tender.
8. Mix again to ensure the sauce is evenly distributed and serve over rice or rice noodles.

Notes:

- ★ *Substitute pork/lentils/beef/turkey etc when on sale.*
- ★ *A variety of mixed vegetables can be used for this recipe. California mix is most versatile.*
- ★ *Serve with rice.*

PM Snack: Trail Mix

Ingredients:

- 6 cups Crispix
- 5 ⅓ cup original Cheerios
- 3 cups sunflower seeds
- 3 cups pumpkin seeds
- 1 ⅓ cup unsweetened coconut
- 1 ⅓ cup unsweetened raisins

Directions:

1. Mix all ingredients together in a large bowl.

Notes:

- ★ *Substitute any whole grain, no sugar added cereal when on sale.*
- ★ *Substitute raisins for dried unsweetened currants, apricots, blueberries, cherries, etc*
- ★ *Each serving is around 1 cup.*

Tuesday

Lunch: Tuna Casserole

Ingredients:

- 4 tbsp olive oil or butter
- 2-340g bag egg noodles
- 6 cans tuna
- 2.5 cup carrot, cubed
- 2 onions, diced
- 2.5 cup celery, diced
- 4 tbsp flour
- 3 cups chicken broth
- 3 cups milk
- 4 cups frozen peas
- 2 cups frozen corn
- 2 cups shredded cheese
- 1 tsp salt & pepper
- 2 tsp garlic powder

Directions:

1. Preheat oven to 400 F
2. Cook noodles according to package directions, minus 3-4 minutes.
3. Heat oil/butter in a large pan or pot over medium high heat. Add onions, carrots, and celery. Sautee for 5-6 minutes until onions are translucent.
4. Add in flour and mix until all vegetables are coated. Slowly

PM Snack: Fruit Crisp

Ingredients:

- 12 cups fresh/frozen fruit of choice
- 0.5 cup honey
- 6 tbsp whole wheat flour
- 1.5 tsp cinnamon
- 3 cups oats
- 1 cup whole wheat flour
- 0.5 cup maple syrup
- 1 cup butter, cut into small pieces
- 0.25 cup coconut/olive oil

Directions:

1. Preheat the oven to 350 F and grease a large casserole/roaster.
2. In a large bowl combine the fruit, honey, flower and cinnamon and mix until all fruit is evenly coated.
3. In a separate combine oats, flower, maple syrup, butter and oil. Mix until a crumbly texture forms.
4. Transfer fruit mixture to baking dish and sprinkle the crumble mixture on top.
5. Bake for 30-40 minutes until the top is golden brown.

Notes:

- ★ *Serve with greek yogurt.*
- ★ *Any fruit can be used for the recipe (apples, peaches, cherries, blueberries, strawberries, etc.)*

Wednesday

AM Snack: Muffins

Notes:

- ★ *Please use an approved muffin recipe found at the back of the binder.*
- ★ *Utilize any fruit/ ingredients that need to be used up to reduce waste.*

Lunch: Egg Fried Rice

Ingredients

- 18 eggs
- 3 tbsp olive oil, divided
- 2-3 onions, diced
- 7-8 cups diced mixed veg. (carrots, peas, corn, mushrooms, bell pepper, etc.)
- 1-1.5 cup sliced green onion
- 10-12 cups cooked rice, one day old
- 0.25-0.33 cup soy sauce
- 1 tsp pepper
- 1 tbsp garlic powder
- 4 tbsp sesame oil

Directions:

1. Heat 1 tbsp of oil in a large skillet or wok over medium high heat.
2. Crack eggs into a bowl and beat well.
3. Add eggs into the pan and scramble for a few minutes until cooked through. Transfer to a dish.
4. Add the additional 2 tbsp of oil to the pan and add in onions, fry until nearly translucent and add other vegetables. (Depending on which vegetables you are using you may need to adjust cook time accordingly) Remove vegetables and place with eggs.
5. Add the sesame oil to the pan and add rice, soy sauce, pepper and garlic powder. Stir fry until rice is thoroughly coated in soy sauce and heated through.
6. Add in eggs, vegetables, and green onions, stirring thoroughly.

Notes:

- ★ Use any vegetables you need to use up or buy frozen on sale.
- ★ Ensure you are cooking the rice the day before to have the best results.

PM Snack: Fruit Smoothies and Lentil Granola Bars

Notes:

- ★ Please use an approved fruit smoothie and granola bar recipe found at the back of the binder.

Thursday**AM Snack: Baked French Toast**

Ingredients:

- 1-2 loaves whole wheat bread, cubed
- 12-14 eggs
- 4.5 cups milk
- 3 tsp vanilla
- 1-2 tbsp cinnamon
- 3 tbsp maple syrup

Directions:

1. Preheat the oven to 350 F
2. Grease a large casserole dish, and cube bread into 1 inch pieces. Place bread in the greased dish.
3. Crack eggs into a large mixing bowl, whisk until broken up, add milk, vanilla, cinnamon and maple syrup. Mix thoroughly and pour over bread cubes.
4. Bake uncovered for 40-50 minutes until set in the center

Notes:

- ★ This can be pre-made the day before and baked in the morning.
- ★ Serve with fresh fruit on the side, and an additional 1-2 tsp of maple syrup on top if desired.

Lunch: Lazy Cabbage Rolls

Ingredients: <ul style="list-style-type: none"> ● 4 tbsp olive oil ● 4 onions, chopped ● 1 lb ground beef ● 2 lbs ground pork ● 2 cups cooked lentils ● 1 large head of cabbage, chopped ● 3-796mL can diced tomatoes 	<ul style="list-style-type: none"> ● 5 cups water or broth ● 3 cups uncooked rice ● 1 tbsp italian herbs ● 1 tbsp garlic powder ● 2 tsp salt ● 1 tsp pepper
Directions: <ol style="list-style-type: none"> 1. Preheat oven to 375 F 2. In a large frying pan, heat olive oil over medium heat. Add in ground beef and pork and onions until meat is almost browned. 3. Add in lentils, and cabbage, fry for an additional 4-5 minutes until cabbage is slightly softened. 4. Add cabbage and meat mixture to a large baking dish or roaster, add in diced tomatoes, water/broth, rice, herbs and spices. Mix thoroughly. 5. Cover and back for 1-1.5 hours or until rice is cooked through. 	

Friday	
AM Snack: Scrambled Eggs (baked)	
Ingredients: <ul style="list-style-type: none"> ● 24 eggs ● ½ cup butter, melted 	<ul style="list-style-type: none"> ● 2 tsp salt ● 2.5 cups milk
Directions: <ol style="list-style-type: none"> 1. Preheat oven to 350 F 2. Pour melted butter into a 9x13 pan. 3. Crack eggs into a large bowl, add milk and salt, whisking until well combined. 4. Pour egg mixture into the pan and bake for 10-15 minutes. Stir eggs and bake for an additional 10-15 minutes or until eggs are fully cooked. <p><i>Notes:</i></p> <p>★ <i>Serve with whole wheat toast.</i></p>	
Lunch: Chicken Caesar Salad with	
Ingredients: <ul style="list-style-type: none"> ● Chicken: <ul style="list-style-type: none"> ○ 4-5 chicken breasts ○ Salt & pepper to taste ○ 4 tbsp olive oil ● Croutons: <ul style="list-style-type: none"> ○ 0.5 loaf bread, cut into small cubes ○ 4 tbsp olive oil ○ 1-2 tbsp garlic powder ○ Salt & pepper to taste ● Salad <ul style="list-style-type: none"> ○ 2 large romaine hearts, chopped ○ 2 heads ic-burg lettuce. Chopped ○ 2 large cucumbers. cubed 	<ul style="list-style-type: none"> ● Dressing: <ul style="list-style-type: none"> ○ ⅔ cup plain yogurt ○ ⅔ cup mayonnaise ○ 1 tbsp garlic powder ○ 1 tbsp lemon juice ○ 1-2 tbsp worcestershire sauce ○ 3 tsp mustard ○ 2 tbsp olive oil ○ 1 tsp each salt & pepper

Directions:

1. Preheat oven to 375 F line 2 baking sheets with parchment paper
2. Coat chicken with olive oil and spices, place on a baking sheet and bake for 20-30 minutes until cooked through.
3. Meanwhile, cut bread into cubes, toss in olive oil, garlic powder, salt and pepper. Transfer to the other baking sheet and put in the oven for 10-15 minutes or until the bread is golden and crispy tossing halfway through.
4. Make the dressing by mixing all ingredients in a bowl until well combined. Taste and adjust seasonings as needed.
5. Prep the salad by adding lettuce and cucumbers to a large bowl, cut the chickens into small cubes, add in the croutons and add about $\frac{1}{2}$ - $\frac{2}{3}$ of the dressing, mixing well. Add more if needed.

PM Snack: Sweet Potato Brownies

Ingredients:

- | | |
|--|--|
| <ul style="list-style-type: none">● 1.5 cup mashed sweet potato● 1.5 cup wow butter or lentil butter or lentil chocolate spread● 3 eggs● 1 cup honey or maple syrup● 3 tsp vanilla | <ul style="list-style-type: none">● 1 cup cocoa powder● 0.75 tsp baking soda● 0.75 tsp cinnamon● 1.5 tsp salt● 1.5 cup chocolate chips |
|--|--|

Directions:

1. Bake/boil sweet potato until very tender, discard the peel and mash. Cool down before using in the recipe.
2. Preheat the oven to 350 F
3. Add the sweet potato, wow butter (or alternative), eggs, honey/maple syrup, and vanilla into a large bowl. Stir to combine well.
4. Add in the dry ingredients and stir to combine until a thick creamy batter forms.
5. Fold in the chocolate chips until evenly distributed in the batter. Pour the batter into a 9x13 greased pan and bake for 23-28 minutes.
6. Allow brownies to cool for at least 1 hour before slicing and serving.

Week 4

Monday	
Lunch: Spaghetti Bolognese with Caesar Salad	
Ingredients: <ul style="list-style-type: none">● 6 carrots, shredded● 6 celery stalks, finely diced● 3 onions, finely diced● 2 tbsp olive oil● 1 head garlic, minced● 2 lbs ground beef● 2 lbs ground pork	<ul style="list-style-type: none">● 4 cups cooked lentils● 3 cups mushrooms, finely diced● 2 796mL cans crushed tomatoes● 2 796mL cans diced tomatoes● 0.25 cup honey● 3 tbsp italian herbs● Salt and Pepper to taste
Directions: <ol style="list-style-type: none">1. Heat olive oil in a large pan over medium high heat. Add the onion, celery and carrots and garlic. Fry until fragrant. Add the beef and pork, and fry until no longer pink.2. Add in the lentils, tomatoes, honey, herbs, salt and pepper.	
Notes: <ul style="list-style-type: none">★ <i>Serve with a tossed salad (lettuce, shredded carrot, cucumber, green onion, etc) with choice of dressing.</i>★ <i>Substitute another protein (salami, summer sausage, pepperoni, smokies, etc.) when on sale.</i>	
PM Snack: Apple Pie Snack	
Ingredients: <ul style="list-style-type: none">● 10 graham crackers● 5 cups apples, diced (about 3-5 apples)● 4 cups unsweetened apple sauce	<ul style="list-style-type: none">● 2.5 cups plain greek yogurt● 1.25 c maple syrup
Directions: <ol style="list-style-type: none">1. Get out 20 small bowls and crush half of a graham cracker in the bottom.2. Top with a ¼ cup diced apples, 3-4 tbsp of applesauce, 2 tbsp greek yogurt and 1 tbsp maple syrup in each bowl3. Serve immediately.	
Notes: <ul style="list-style-type: none">★ Lentil granola can be subbed for graham crackers.★ Honey can be subbed for maple syrup. (Except for infants under 12 months).	
Tuesday	
AM Snack: Whole Grain Oatmeal with Berries	
Ingredients: <ul style="list-style-type: none">● 8 cups large flake oats● 16 cups water● 1 cup chia seeds● 1 cup ground flax/flax seeds	<ul style="list-style-type: none">● 2 tbsp cinnamon● 6 cups frozen berries● 0.5 cup honey or maple syrup● 2-3 cups of hot water.
Directions: <ol style="list-style-type: none">5. Add water to a large pot and bring to a boil. Add in oats and cook until it starts to thicken.	

6. Add in the chia seeds and flax seeds. Turn heat down to low and let simmer until thickened.
7. Add in cinnamon, blueberries and honey/maple syrup. Stir to combine.
8. If oatmeal gets too thick, add in a little hot water at a time until desired consistency is reached.

Lunch: Minestrone Soup with Cheese Biscuit

Ingredients:

- | | |
|--|---|
| <ul style="list-style-type: none"> ● 4 tbsp olive oil ● 3 onions, diced ● 6 carrots, diced ● 6 celery stalks, diced ● 2 cans tomato paste ● 6 cups mixed vegetables (potatoes, zucchini, bell peppers, peas, corn, green beans, etc. Whatever you have) ● 1 head garlic, minced ● 1 tbsp italian herbs | <ul style="list-style-type: none"> ● 3 796mL cans diced tomatoes ● 12 cups vegetable broth ● 6 cups water ● 3 tsp salt ● 6 bay leaves ● 1 tsp pepper ● 2 cans cannellini beans, drained and rinsed ● 2 cans kidney beans, drained and rinsed ● 2 blocks frozen spinach |
|--|---|

Directions:

1. Warm 3 tablespoons of the olive oil in a large Dutch oven or stockpot over medium heat. Once the oil is shimmering, add the chopped onion, carrot, celery, tomato paste and a pinch of salt. Cook, stirring often, until the vegetables have softened and the onions are turning translucent, about 7 to 10 minutes.
2. Add the seasonal vegetables, garlic, oregano and thyme. Cook until fragrant while stirring frequently, about 2 minutes.
3. Pour in the diced tomatoes and their juices, broth and water. Add the salt, bay leaves and red pepper flakes. Season generously with freshly ground black pepper.
4. Raise heat to medium-high and bring the mixture to a boil, then partially cover the pot with the lid, leaving about a 1" gap for steam to escape. Reduce heat as necessary to maintain a gentle simmer.
5. Cook for 15 minutes, then remove the lid and add the beans and spinach. Continue simmering, uncovered, for 20-30 minutes.
6. Remove the pot from the heat, then remove the bay leaves. Stir in the remaining tablespoon of olive oil. Taste and season with more salt and pepper if needed.

Cheese Biscuit

Ingredients:

- | | |
|--|---|
| <ul style="list-style-type: none"> ● 2 cups whole wheat flour ● 2.5 tsp baking powder ● 1 tsp salt ● 1 tsp garlic powder | <ul style="list-style-type: none"> ● 2 cups cheese, shredded ● 1 cup butter, melted ● 1 cup milk |
|--|---|

Directions:

1. Preheat oven to 375 F
2. In a bowl whisk together dry ingredients.
3. Use a fork to stir in the shredded cheese, then add in milk and butter. Mix thoroughly but don't over mix.
4. Scoop 24 biscuits on a parchment lined baking tray.
5. Bake for 18-20 minutes until golden brown on the bottom.

Wednesday

AM Snack: Muffins

Notes:

- ★ *Please use an approved muffin recipe found at the back of the binder.*
- ★ *Utilize any fruit/ ingredients that need to be used up to reduce waste.*

Lunch: Chicken Shepherd's Pie

Ingredients:

- | | |
|--|--|
| <ul style="list-style-type: none">● 4 lbs bone in chicken of choice● 6 cups chicken broth● 8 tbsp butter● 2 onions, diced● 4 celery stalks, diced● 6 cloves garlic, minced● 1 tsp onion powder● 1 tsp thyme | <ul style="list-style-type: none">● 1 tsp rosemary● 1 tsp salt and pepper● 0.75 cup flour● 1 cup milk● 2 tsp worcestershire sauce● 5 cups frozen mixed veggies (peas, carrots, corn, green beans)● 8-10 cups mashed potatoes |
|--|--|

Directions:

1. Preheat the oven to 450 degrees.
2. Pat the chicken dry and season with salt/pepper. Add 3 cups of chicken broth to a medium saucepan and add the chicken. Gradually bring it to a gentle boil. Let the chicken cook with the lid cracked for 15 minutes, or until cooked through. Don't boil rapidly or the chicken will be tough. Remove the chicken and use forks to shred. Set aside and reserve the broth that the chicken cooked in.
3. While the chicken cooks, melt 4 Tbsp. butter in a wide (12-inch) pan over medium heat. Add the onions and sauté them for 4 minutes. Add the garlic and seasonings. Toss to coat and cook for 1 more minute.
4. Add the flour and toss to coat. Cook for 2 minutes or until you can no longer smell raw flour.
5. Reduce heat to low. Add 2 cups of the reserved chicken broth in small splashes, stirring to incorporate. Add the half and half in the same manner. Adding the liquid too quickly will break the roux and interfere with the thickness of the gravy.
6. Add chicken bouillon and 1 tsp Worcestershire sauce. Then add the shredded chicken and stir to combine.
7. Increase heat to medium and continue to add splashes of the remaining 1 cup of chicken broth while letting the filling simmer, reduce, and concentrate for 10-15 minutes. I usually use ¾ of the remaining cup.
8. Add the frozen vegetables and stir to combine and heat through. Remove from heat.
9. Transfer filling to a lightly greased 9 x13-inch baking dish if your skillet isn't oven/broil safe.
10. Let the filling cool slightly, then carefully place scoops of warm potatoes on the top. Try to add several scoops that are all almost touching each other to eliminate the amount of spreading you'll need to do. (See process shots in post above.)
11. Use a silicone spatula to gently spread the warm potatoes in an even and smooth layer over the filling. Don't push down hard to ensure the potatoes stay on the top.

PM Snack: Apple Pie Snack

Ingredients:

- 10 graham crackers
- 5 cups apples, diced (about 3-5 apples)
- 4 cups unsweetened apple sauce
- 2.5 cups plain greek yogurt
- 1.25 c maple syrup

Directions:

4. Get out 20 small bowls and crush half of a graham cracker in the bottom.
5. Top with a ¼ cup diced apples, 3-4 tbsp of applesauce, 2 tbsp greek yogurt and 1 tbsp maple syrup in each bowl
6. Serve immediately.

Notes:

- ★ Lentil granola can be subbed for graham crackers.
- ★ Honey can be subbed for maple syrup. (Except for infants under 12 months).

Thursday

AM Snack: Whole Wheat Crepes

Ingredients:

- 6 eggs
- 2 cups whole wheat flour
- 2 cups milk
- 1.5 cups water
- 2 tbsp honey
- 2 tsp vanilla
- 0.5 tsp salt
- 2 tbsp butter, melted

Directions:

1. Put all ingredients in blender and mix well. Let stand about 15 minutes.
2. Melt and swirl around a small pat of butter in an 8 or 10-inch frying pan over medium heat.
3. Angle pan and pour enough batter on one side to thinly and evenly cover the pan. Very quickly swirl the batter around to cover the pan in one thin layer.
4. Immediately use your cooking spatula to push down the thin edges of the crepe around the perimeter.
5. After about 1 minute (and once it is golden brown on the bottom) carefully flip it over without tearing the crepe.
6. Fry for 1 more minute on the other side (until it is golden brown as well) and then roll up each crepe.

Notes:

- ★ *This recipe makes about 18-20 crepes, depending on the amount of batter you use for each crepe. Adjust accordingly.*
- ★ *Serve crepes with chocolate lentil spread and cut up bananas rolled up.*

Lunch: Toasted Tuna Sandwich with Cucumber Salad

Ingredients:

- 6 cans tuna, drained
- 6 celery stalks, finely diced
- 4-6 green onions, finely diced
- 0.5 cup plain yogurt
- 0.5 cup mayonnaise
- 2 tbsp mustard
- 1 tsp salt & pepper
- 2-4 cup shredded cheese

Directions:

1. Preheat oven to 425 F
2. In a mixing bowl, stir together the Greek yogurt, mayonnaise mustard, salt, pepper and parsley until well combined.
3. Add the drained tuna on top, along with the celery and green onions. Gently stir until well combined.
4. Top a slice of whole grain/whole wheat bread with a few tablespoons of the tuna mixture. Spread thin, and top with a little shredded cheese.
5. Bake for 15-20 minutes until tuna is warmed through and cheese is melted.

Cucumber Salad

Ingredients:

- 6 cucumbers, thinly sliced
- 1.5 cups plain yogurt
- 2.25 tsp salt
- 1-2 tbsp dill, fresh or freeze dried

Directions:

1. Combine all ingredients in a bowl. Mix to ensure all cucumbers are thoroughly coated.
2. Chill for 30 min to 1 hour before serving.

PM: Pumpkin Seed Loaf

Ingredients:

- 4 eggs
- 1-796mL can pumpkin puree
- 0.33 cup unsweetened apple sauce
- 1.5 cup honey/maple syrup
- 4 tbsp butter, melted
- 1 tbsp pumpkin pie spice
- 4 tsp baking powder
- 2 tsp baking soda
- 1 tsp salt
- 4.5 cups whole wheat flour
- 0.5 cup pumpkin seeds

Directions:

1. Preheat the oven to 350 degrees F and grease 2 loaf pans.
2. In a large mixing bowl, add eggs, pumpkin puree, apple sauce, maple syrup/honey, butter, pumpkin pie spice, baking powder, baking soda, salt and whisk until combined.
3. Add whole wheat flour and stir gently just enough to combine. Be careful not to over mix. Add desired mix-ins like raisins, pumpkin seeds, chocolate chips etc. and give a few more gentle stirs.
4. Pour batter into prepared loaf pans and level gently with spatula. Sprinkle pumpkin seeds on top, if you wish. Bake for 50-60 minutes until the toothpick inserted in the middle comes out clean.
5. Remove from the oven and let cool for 10 minutes. Then transfer to a cooling rack to cool off more. Cut into 20 slices with a serrated bread knife and enjoy!

Cucumber Salad

Ingredients:

- 6 cucumbers, thinly sliced
- 1.5 cups plain yogurt
- 2.25 tsp salt
- 1-2 tbsp dill, fresh or freeze dried

Directions:

3. Combine all ingredients in a bowl. Mix to ensure all cucumbers are thoroughly coated.
4. Chill for 30 min to 1 hour before serving.

Friday

Lunch: Homemade Hamburgers with Pasta Salad

Ingredients:

- 24 dinner rolls/buns (small)
- 1.5 lbs ground pork
- 1.5 lbs ground turkey/chicken
- 1.5 lbs ground beef
- 1 tbsp garlic powder
- 2 tbsp mustard
- 3 tbsp ketchup
- 2 tsp salt
- 1 tsp pepper

Directions:

1. Preheat oven to 425 F
2. Combine all ingredients in a mixing bowl and mix until combined. Don't overmix as the hamburgers may become tough.
3. Form 24 hamburgers and place on a parchment lined baking sheet.
4. Bake for 20-25 minutes until the internal temperature is 165 F internally.
5. Top with cheese, lettuce and tomato if desired.

Pasta Salad

Ingredients:

- 1-900g bag macaroni
- 1 cup green onion, diced
- 1.5 cups celery, finely diced
- 3 cups bell pepper, finely diced
- 1.5 cups frozen peas, thawed
- 1.33 cups mayonnaise
- 1.33 cups plain yogurt
- 1-2 tbsp honey
- 1-tbsp mustard
- 1 tbsp fresh/freeze dried dill
- Salt & Pepper to taste

Directions:

1. Cook macaroni according to the package instructions. Drain well and drizzle with a teaspoon of extra virgin olive oil so the noodles don't stick together. In a large bowl, combine macaroni, red onion, celery, bell pepper and peas.
2. In a medium bowl, combine mayonnaise, yogurt, honey, mustard, dill, salt and pepper. Whisk until well combined.
3. Pour the dressing over the macaroni salad and gently toss until everything is well combined.

Week 5

Monday	
Lunch: Creamy Potato Broccoli Soup	
Ingredients: <ul style="list-style-type: none">● 5 tbsp butter● 3 onions, finely diced● 6 garlic cloves, minced● 1 cup flour● 6 cups milk● 6 cups chicken stock	<ul style="list-style-type: none">● 6 cups water● 3 tsp salt● 1.5 tsp pepper● 4 lbs potatoes, peeled & diced● 10-12 cups frozen broccoli, cut into bite sized pieces.
Directions: <ol style="list-style-type: none">1. Melt butter in a large pot over medium high heat. Add onion and garlic, cook for 3 minutes or until onion is softened2. Add flour and mix into onion mixture. Cook for 30 seconds.3. While stirring, slowly pour the milk in and keep mixing as it turns into a thickish paste that's mostly smooth. Use a whisk to make it smooth if needed.4. Add chicken stock, water, salt and pepper. Stir, then add potato.5. Bring to a simmer then adjust heat so it's simmering gently. Cook for 8 minutes (no lid) or until the potato is almost cooked. Stir occasionally so the base doesn't catch.6. Add broccoli and stir. Cook for 2 minutes (or until broccoli is cooked to your liking), then take the pot off the stove.	
PM Snack: Hummus with Pita and Veggies	
Ingredients: <ul style="list-style-type: none">● 2-540mL cans chickpeas, rinsed and drained● 1 cup greek yogurt	<ul style="list-style-type: none">● 4 tbsp fresh lemon juice● 2 tsp garlic powder● 1-2 tsp salt to taste
Directions: <ol style="list-style-type: none">3. Drain and rinse chickpeas and add them to a blender. Add the rest of the ingredients and blend until smooth.4. If the mixture is too thick add a little water to thin it out.	
Notes: <ul style="list-style-type: none">★ <i>Makes about 24 servings.</i>★ <i>If using lemon concentrate use 2 tbsp of lemon juice and 2 tbsp water.</i>	

Tuesday	
Lunch: Roasted Chicken Legs/Thighs	
Ingredients: <ul style="list-style-type: none">● 20 chicken legs/thighs● 4 tbsp olive oil● 1 tbsp paprika	<ul style="list-style-type: none">● 1 tbsp garlic powder● 2 tsp salt● 2 tsp pepper

Directions:

1. Preheat the oven to 425 F degrees If you have a convection setting or air fryer setting use it if possible. Line a baking sheet with parchment paper.
2. Dry the chicken legs/thighs with paper towels well to remove any extra moisture.
3. Place all the baking powder, paprika, garlic powder, salt and pepper in a bowl. Mix the ingredients together.
4. Coat the chicken legs/thighs with the olive oil and then add the spice rub, rubbing each piece of meat so it's evenly coated.
5. Transfer to your parchment lined baking sheet.
6. Bake for 30-40 minutes, using the convection or air fryer setting if you have it. If you don't have a convection or air fryer setting the chicken may take an extra few minutes to come to temperature. If your chicken thighs are boneless start checking them for doneness after about 25 minutes
7. Once the chicken thighs/legs reach an internal temperature of 165, the chicken thighs are fully cooked and the juices will no longer be pink. (A meat thermometer is handy to check the temperature inside).

PM Snack: Oatmeal Cookies

★ *Please use an approved recipe at the back of the binder.*

Wednesday

Lunch: Crustless Egg and Vegetable Quiche

Ingredients:

- | | |
|--|--|
| <ul style="list-style-type: none">● 1.5 red bell pepper, finely diced● 0.5 cup green onion, finely diced● 1-227g fresh mushroom, finely diced● 4 cups shredded cheese | <ul style="list-style-type: none">● 15 eggs● 3 tbsp butter, melted● 1 tsp each salt & pepper |
|--|--|

Directions:

1. Preheat oven to 350 F.
2. Sautee veggies in oil until tender.
3. Remove veggies and allow to cool.
4. Beat eggs in bowl, add salt and pepper, add cool veggies to eggs and mix well.
5. Spray glass baking dish with cooking spray.
6. Add veggies into the baking dish, then pour over eggs.
7. Add in the shredded cheese and mix slightly.
8. Bake for 15-20 minutes until the eggs are set.

Directions:

5. Drain and rinse chickpeas and add them to a blender. Add the rest of the ingredients and blend until smooth.
6. If the mixture is too thick add a little water to thin it out.

Notes:

- ★ *Makes about 24 servings.*
- ★ *If using lemon concentrate use 2 tbsp of lemon juice and 2 tbsp water.*

Thursday

AM Snack: Sheet Pan Blueberry Pancakes

Ingredients:

- 4 cups whole wheat flour
- 0.25 cup maple syrup
- 6 tsp baking powder
- 2 tsp baking soda
- 3.75 cups milk
- 3 tbsp vinegar/lemon juice
- 4 eggs
- 2 tbsp vanilla
- 6-8 cups frozen mixed berries

Directions:

1. Preheat the oven to 425 degrees and lightly grease 2 rimmed baking sheets.
2. In a large bowl, whisk together flour, baking powder, and baking soda.
3. Measure out milk and add in the vinegar/lemon juice and let sit for 5 minutes to make buttermilk.
4. Add milk, eggs, maple syrup and vanilla into a med bowl. Whisk to combine well.
5. Add the wet ingredients to the dry, and whisk until smooth.
6. Spread into the prepared baking sheets and top with fruit.
7. Bake for 15-18 minutes, until golden brown and a toothpick comes out clean.

Lunch: Chicken Vegetable Stir Fry with Rice Noodles

Ingredients:

- Chicken**
 - 5 cups chicken, thinly sliced (2-3 chicken breasts)
 - 2 tbsp corn starch
 - 2 tbsp olive oil
- Sauce**
 - 0.5 cup soy sauce
 - 0.5 cup oyster sauce
 - 0.25 cup vinegar
 - 0.25 cup cornstarch
 - 1 tbsp honey
 - 2 tbsp sesame oil
 - 1 tsp pepper
- Stir Fry**
 - 2-3 400g pack rice vermicelli
 - 4 tbsp olive oil
 - 8 garlic cloves, minced
 - 2 onions, thinly sliced
 - 4 bell peppers, thinly sliced
 - 8 carrots, thinly sliced
 - 8 celery stalks, thinly sliced
 - 1-227g pack mushrooms, thinly sliced
 - 1-2 bunches green onions, thinly sliced

Directions:

- Chicken:**
 1. Mix chicken, cornstarch and oil in a bowl.
 2. Mix Sauce ingredients in a bowl, then remove 6 tbsp sauce and 12 tbsp water to chicken.
- Stir Fry:**
 1. Just before cooking, soak noodles in hot water per packet directions, then drain.
 2. Heat oil in a wok or large skillet over high heat.
 3. Add garlic and onion, cook for 30 seconds.
 4. Add chicken, cook for 1 minute until it changes colour from pink to white.
 5. Add carrot, celery and bell pepper. Cook for 1 minute.
 6. Add mushrooms, cook for 30 seconds.
 7. Add noodles, and Sauce. Toss for 1 minute until the sauce has thickened. Don't toss for more than 1 1/2 minutes - noodles may break.
 8. Garnish with green onions.

PM Snack: Trail Mix

Ingredients:

- 6 cups Crispix
- 5 ⅓ cup original Cheerios
- 3 cups sunflower seeds
- 3 cups pumpkin seeds
- 1 ⅓ cup unsweetened coconut
- 1 ⅓ cup unsweetened raisins

Directions:

1. Mix all ingredients together in a large bowl.

Notes:

- ★ *Substitute any whole grain, no sugar added cereal when on sale.*
- ★ *Substitute raisins for dried unsweetened currants, apricots, blueberries, cherries, etc*
- ★ *Each serving is around 1 cup.*

Friday

Lunch: Swedish Meatballs with Pasta and Steamed Vegetables

Ingredients:

Meatballs:

- 2 tbsp olive oil
- 1 cup onion, finely diced
- 4 cloves garlic, minced
- 1 cup bread crumbs
- 2 eggs
- ⅔ cup milk
- 2 tsp salt
- 1 tsp oregano
- 1 tsp pepper
- 1 lb ground pork
- 1 lb ground beef

Sauce:

- 8 tbsp butter
- 8 tbsp flour
- 4 cups beef broth
- 1 tbsp worcestershire sauce
- 1 cup sour cream
- Salt and pepper to taste.

Directions:

1. Preheat the oven to 425 degrees.
2. Heat the olive oil in a large skillet over medium heat. Add the finely diced onions and garlic. Soften for 5 minutes. Set aside and let cool.
3. In a large bowl, combine the breadcrumbs, whisked egg, milk, cooled onions/garlic, salt, oregano, and pepper. Gently incorporate the meat until evenly combined, but without overworking it (otherwise the meatballs will be tough instead of tender)
4. Roll into 1 inch meatballs and place on a parchment lined baking sheet. (A small cookie scoop makes it easier to roll balls of uniform size.) This recipe should make about 100 meatballs.
5. Place meatballs in the oven and bake for 12-15 minutes until slightly browned.
6. Melt the butter in the same skillet over medium heat. Use a silicone spatula to "clean" the bottom of the skillet. Stir in the flour and cook for 2 minutes, stirring continuously, until it begins to brown.
7. Add the beef broth mixture in small splashes, stirring continuously. Bring to a boil, then reduce to a simmer.
8. Place the sour cream in a medium bowl. Spoon some of the sauce into the bowl (about ¼ cup), and stir until well-combined. Stir it into the sauce over low heat until incorporated.
9. Add the meatballs back to the skillet along with any juices from the pan. Spoon the sauce on top. Allow them to heat through over low heat for 10-15 minutes (or until cooked through), partially covered.

PM Snack: Muffins

Notes:

- ★ *Please use an approved muffin recipe found at the back of the binder.*
- ★ *Utilize any fruit/ ingredients that need to be used up to reduce waste.*