

6-Week Cycle Sample Menu

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|--|--|--|---|--|---|---|
| WEEK 1 | <u>Lunch</u> Falafel/Chickpea Patties <u>Dinner</u> Chicken Alfredo | <u>Lunch</u> Greek Salad with Chicken <u>Dinner</u> Baked Tilapia with Dill Sauce | <u>Lunch</u> Beef Dip <u>Dinner</u> Pork Kebabs | <u>Lunch</u> Tuna Salad Wrap <u>Dinner</u> Honey Glazed Ham | <u>Lunch</u> Vietnamese Chicken & Rice Noodle Salad <u>Dinner</u> Jambalaya | <u>Lunch</u> Bacon & Onion Quiche <u>Dinner</u> Turkey Burgers | <u>Lunch</u> Chili Con Carne <u>Dinner</u> Veal Roulade |
| WEEK 2 | <u>Lunch</u> Broccoli & Cashew Stir Fry <u>Dinner</u> Caribbean Jerk Chicken | <u>Lunch</u> Butternut Squash, Spinach & Feta Fritata <u>Dinner</u> Hungarian Goulash | <u>Lunch</u> Italian-style Chicken Pitas <u>Dinner</u> Parmesan Crusted Halibut | <u>Lunch</u> Taco Salad <u>Dinner</u> Maple Glazed Pork Tenderloin | <u>Lunch</u> BLT Sandwich <u>Dinner</u> Chicken a la King | <u>Lunch</u> Salmon Burger <u>Dinner</u> Baked Penne with Italian Sausage & Bell Peppers | <u>Lunch</u> Turkey Pot Pie <u>Dinner</u> BBQ Pulled Pork |
| WEEK 3 | <u>Lunch</u> Spinach & Swiss Quiche <u>Dinner</u> Sweet Potato Chicken Skillet | <u>Lunch</u> Wonton Burger <u>Dinner</u> Veggie, Beef and Pasta Bake | <u>Lunch</u> Meatball Sub Sandwich <u>Dinner</u> Vegetarian Chili | <u>Lunch</u> Cottage Cheese & Fresh Fruit Platter <u>Dinner</u> Moroccan Lamb Stew | <u>Lunch</u> Salmon Salad Wrap <u>Dinner</u> Perogies & Kulbasa | <u>Lunch</u> Steak & Mushroom Pie <u>Dinner</u> Pork Souvlaki | <u>Lunch</u> Roast Beef Slices & Pasta Salad <u>Dinner</u> Panko Breaded Cod |
| WEEK 4 | <u>Lunch</u> Quinoa & Veggie Casserole <u>Dinner</u> Veal Cutlets with Onions & Gravy | <u>Lunch</u> Chefs Salad with Dinner Roll <u>Dinner</u> Salisbury Steak | <u>Lunch</u> Tomato Soup & Grilled Cheese <u>Dinner</u> Fruity Sauteed Chicken | <u>Lunch</u> Turkey on Croissant <u>Dinner</u> Mexican Pie | <u>Lunch</u> Corned Beef Sandwich <u>Dinner</u> Garden Fresh Fettucine | <u>Lunch</u> Swedish Meatballs <u>Dinner</u> Chicken Fingers with Honey Dill Sauce | <u>Lunch</u> Cabbage Rolls <u>Dinner</u> Beef Stroganoff |
| WEEK 5 | <u>Lunch</u> Egg Salad on a Bun <u>Dinner</u> Spaghetti & Meat Sauce | <u>Lunch</u> Tuna & Broccoli Pasta <u>Dinner</u> Hawaiian BBQ Chicken | <u>Lunch</u> Hot Dog <u>Dinner</u> African Beef Stew | <u>Lunch</u> Ham & Cheddar Quiche <u>Dinner</u> Grilled Salmon | <u>Lunch</u> Spinach Salad with Dinner Roll <u>Dinner</u> Pork Chops with Apple Sauce | <u>Lunch</u> Chicken Burger <u>Dinner</u> Veggie Lasagna | <u>Lunch</u> Macaroni & Cheese <u>Dinner</u> Broccoli Stuffed Chicken Breast |
| WEEK 6 | <u>Lunch</u> Sloppy Joes <u>Dinner</u> Garlicky Shrimp Tacos | <u>Lunch</u> Chicken Ceaser Salad <u>Dinner</u> Shepherd's Pie | <u>Lunch</u> Lentil Burritos <u>Dinner</u> Orange Glazed Salmon | <u>Lunch</u> Turkey Sandwich <u>Dinner</u> Montreal Seasoned Chicken Legs | <u>Lunch</u> Cheese Canneloni <u>Dinner</u> Chef's Favourite *Will be posted Monday* | <u>Lunch</u> Western Omelet <u>Dinner</u> Ginger Beef Stir Fry | <u>Lunch</u> Homemade Pizza <u>Dinner</u> Turkey Schnitzel |

LUNCH

*Included recipes are highlighted in bold

| WEEK 1 | Entrée | Suggested Sides |
|----------|---|--|
| M | Falafel/Chickpea Patties | WW Pita, tzatziki sauce, side salad |
| T | Greek Salad with Chicken | Brothy soup, garlic toast |
| W | Beef Dip | Spinach and mushroom barley pilaf |
| R | Tuna Salad Wrap | Brothy soup, raw vegetables side |
| F | Vietnamese Chicken & Rice Noodle Salad | soup, dinner roll |
| S | Bacon & onion Quiche | sliced cucumber, tomato and radish salad |
| S | Chile Con Carne | tortilla chips, side salad |
| WEEK 2 | | |
| M | Broccoli, shrimp & Cashew Stir Fry | serve over rice, soup |
| T | Butternut Squash, Spinach & Feta Fritata | spinach and mandarin salad |
| W | Italian-style Chicken Pitas | soup, raw vegetables with dip |
| R | Taco Salad | soup, tortilla chips on side |
| F | BLT Sandwich | soup, bell peppers with dip |
| S | Salmon Burger | WW bun, potato salad |
| S | Turkey Pot Pie | Tomato & cucumber salad |
| WEEK 3 | | |
| M | Crustless spinach & Swiss Quiche | side salad, WW biscuit |
| T | Wonton Burger | soup, Coleslaw |
| W | Meatball Sub Sandwich | WW Bun, green meatballs , marinara sauce, raw vegs side |
| R | Cottage Cheese & Fresh Fruit Platter | side salad |
| F | Salmon Salad Wrap | WW wrap, brothy soup, bean salad |
| S | Steak & Mushroom Pie | Mixed vegetables, soup |
| S | Roast Beef Slices & Pasta Salad | vegetable soup |
| WEEK 4 | | |
| M | Quinoa & Veggie Casserole | garlic bread, soup |
| T | Chef Salad with Dinner Roll | soup |
| W | Tomato Soup & Grilled Cheese | side salad, dill pickles |
| R | Turkey on Croissant | Bean salad , soup |
| F | Corned Beef Sandwich | pickles, coleslaw |
| S | Swedish Meatballs | boiled potatoes, mixed vegetables |
| S | Cabbage Rolls (meat filled) | mixed vegetables, mashed potatoes |
| WEEK 5 | | |
| M | Egg Salad on a Bun | green bean & carrot salad, soup |
| T | Tuna & Broccoli Pasta | Steamed carrots, soup |
| W | Hot Dog | Coleslaw, baked french fries |
| R | Ham & Cheddar Quiche | Side tossed salad |
| F | Spinach Salad with Dinner Roll | Soup, chickpeas or nuts in salad |
| S | Chicken Burger | ww bun with Lettuce/tomato, bean salad |
| S | Macaroni & Cheese | tossed salad, side mixed vegetables |
| WEEK 6 | | |
| M | Sloppy Joes | WW buns, coleslaw, sliced tomatoes |
| T | Chicken Ceaser Salad | Soup, garlic toast |
| W | Lentil Burritos | soup, Salsa, raw vegetables with dip |
| R | Turkey Sandwich | pickled beets, soup |
| F | Cheese Canneloni | tossed salad, green beans |
| S | Western Omelet | quinoa salad |
| S | Homemade Pizza (meat and veg) | caesar salad |

DINNER:

*Included recipes are highlighted in bold

| WEEK 1 | Entrée | Suggested Sides |
|--------|---|--|
| M | Chicken Alfredo | Brothy soup, sauteed vegetables |
| T | Baked Tilapia with Dill Sauce | soup, Mixed vegetables, wild rice |
| W | Pork Kebabs | salad, roasted vegetables & potatoes |
| R | Honey Glazed Ham | soup, Mashed potatoes; corn, carrots and peas |
| F | Jambalaya | Served on orzo pasta, side salad |
| S | Turkey Burgers | Side salad |
| S | Veal Roulade | gravy, mixed vegetables, roasted potatoes |
| WEEK 2 | | |
| M | Caribbean Jerk Chicken | salad, Creamed corn, rice pilaf |
| T | Hungarian Goulash | Dinner roll, side salad |
| W | Parmesan Crusted Halibut | creamy soup, Green beans, roasted potatoes |
| R | Maple Glazed Pork Tenderloin | soup, Mashed sweet potato, cauliflower & broccoli |
| F | Chicken a la King | salad, Carrots & peas, baked potato |
| S | Baked Penne with Italian Sausage & Bell Peppers | vegetable soup |
| S | BBQ Pulled Pork | Apple zucchini slaw, rice, corn on the cob |
| WEEK 3 | | |
| M | Sweet Potato Chicken Skillet | Mixed vegetables, soup |
| T | Veggie, Beef & Pasta Bake | Side tossed salad |
| W | Vegetarian Chili | Bannock, cucumber & tomato salad |
| R | Moroccan Lamb Stew | spinach salad, multigrain roll |
| F | Perogies & Kulbasa | Soup, roasted vegetables |
| S | Pork Souvlaki | Tzatziki sauce, mixed vegetables, roast potatoes |
| S | Panko Breaded Cod | Soup, Peas & corn, lemon potatoes |
| WEEK 4 | | |
| M | Veal Cutlets with Onions & Gravy | green beans, mashed potatoes, side salad |
| T | Salisbury Steak | Eggplant & tomato bake, roast potatoes |
| W | Fruity Sauteed Chicken | green beans, brown rice, soup |
| R | Mexican Pie | spinach salad, multigrain roll |
| F | Garden Fresh Fettucine | topped with parmesan cheese, side tossed salad |
| S | Chicken Fingers with Honey Dill Sauce | Sweet potato fries, side salad |
| S | Beef Stroganoff | on whole wheat noodles, mixed vegetables, soup |
| WEEK 5 | | |
| M | Spaghetti & Meat Sauce | Side tossed salad, small dinner roll |
| T | Hawaiian BBQ Chicken | soup, Rice, oriental mixed vegetables |
| W | African Beef Stew | served over couscous, with peas and corn, side salad |
| R | Grilled Salmon | Wild rice, turnips & carrots, soup |
| F | Pork Chops with Apple Sauce | Baked potato medley, mixed vegetables, salad |
| S | Veggie Lasagna | tossed salad |
| S | Broccoli Stuffed Chicken Breast | Soup, mixed vegetables baked potato |
| WEEK 6 | | |
| M | Garlicky Shrimp Tacos | salsa, corn, bean and rice casserole |
| T | Shepherd's Pie | side salad |
| W | Orange Glazed Salmon | asparagus, rice casserole, soup |
| R | Montreal Seasoned Chicken Legs | Risotto, california mixed vegetables |
| F | Chef's Favourite | |
| S | Ginger Beef Stir Fry | Mandarin spinach salad, WW roll |
| S | Turkey Schnitzel | Scalloped potatoes, mixed vegetables, soup |

Recipes for 6-Week Menu

African Beef Stew:

<http://www.cookspiration.com/recipe.aspx?perma=AE3B869222B&d=44&i=4&s=7>

Broccoli and Cashew Stir Fry:

http://www.heartandstroke.on.ca/site/c.pvI3IeNWJwE/b.4695665/k.325F/Recipes__Broccoli_cashew_stirfry.htm

Brown Rice Casserole:

<http://www.diabetes.ca/diabetes-and-you/recipes/bean-lentil-and-brown-rice-casserole>

Butternut Squash, Spinach & Feta Fritata:

<http://www.dietitians.ca/Recipes/Butternut-Squash,-Spinach-and-Feta-Frittata.aspx>

Chile Con Carne:

<http://www.diabetes.ca/diabetes-and-you/recipes/chili-con-carne>

Easy Bean Salad:

<http://www.diabetes.ca/diabetes-and-you/recipes/easy-green-and-red-bean-salad>

Falafel Patties:

<http://www.diabetes.ca/diabetes-and-you/recipes/falafel-burgers-with-creamy-sesame-sauce>

Fruity Sauteed Chicken:

<http://cookspiration.com/recipe.aspx?perma=516C32FFB51&d=0&i=4&s=0>

Garden Fresh Fettuccine:

<http://www.cookspiration.com/recipe.aspx?perma=A414939A1EE&d=22&i=5&s=5>

Green Meatballs (Meatball Sub):

<http://www.cookspiration.com/recipe.aspx?perma=225FF49AAB0&d=40&i=5&s=5>

Lentil Burritos:

http://www.heartandstroke.on.ca/site/c.pvI3IeNWJwE/b.8029555/k.6BB4/Recipes__Lentil_burritos.htm

Maple Glazed Pork Tenderloin:

<http://www.dietitians.ca/Recipes/Maple-Glazed-Pork-Tenderloin.aspx>

Mexican Pie:

<http://www.cookspiration.com/recipe.aspx?perma=B72A8CF8186&d=44&i=4&s=7>

Moroccan Lamb Stew:

<http://www.cookspiration.com/recipe.aspx?perma=6E6C15D7F64&d=42&i=5&s=7>

Orange Glazed Salmon:

http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.5256883/k.4BAC/Recipes__Orange_Glazed_Salmon.htm

Quick Jambalaya:

http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.8627311/k.610E/Recipes__Quick_jambalaya.htm

Spinach and Mushroom Barley Pilaf:

<http://www.diabetes.ca/diabetes-and-you/recipes/spinach-and-mushroom-barley-pilaf>

Sweet Potato Chicken Skillet:

http://www.heartandstroke.on.ca/site/c.pvI3IeNWJwE/b.6572441/k.30A0/Recipes__Sweet_potato_chicken_skillet_dinner.htm

Vegetarian Chili:

<http://www.peakmarket.com/remoterecipe.cfm?rid=4627&legacy=1>

Veggie Beef and Pasta Bake:

<http://cookspiration.com/recipe.aspx?perma=7188EBE06EB>

Vietnamese Chicken & Rice Noodle Salad:

<http://www.cookspiration.com/recipe.aspx?perma=23B03864989&d=13&i=6&s=4>

Whole Wheat Biscuits:

<http://www.diabetes.ca/diabetes-and-you/recipes/whole-wheat-biscuits>

Wonton Burger:

<http://cookspiration.com/recipe.aspx?perma=B49DB6E0DEE&d=10&i=5&s=4>

2-Week Sample Menu with Food Categories

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|---------------------------|------------------|------------------|-------------------------------|-----------------------------|
| BEVERAGE | Coffee/Tea/Water | Coffee/Tea/Water | Coffee/Tea/Water | Coffee/Tea/Water | Coffee/Tea/Water |
| SOUP | Butternut Squash | Tomato Basil | Split Pea | Minestrone | Cream of Celery |
| ENTRÉE | Turkey with Gravy | Baked Salmon | Sausage | Falafel | Meatballs with Tomato Sauce |
| STARCH | Dinner Roll | Mashed Potato | Roasted Potato | Rice Pilaf | Spaghetti Noodles |
| VEGETABLE | Peas and Carrots | Coleslaw | Tossed salad | Mixed Vegetables | Garden Salad |
| DESSERT | Canned Peaches (in juice) | Carrot Cake | Apple Crumble | Fresh Fruit Salad with Yogurt | Date Squares |

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|--------------------|------------------|-------------------------------|------------------|-------------------------|
| BEVERAGE | Coffee/Tea/Water | Coffee/Tea/Water | Coffee/Tea/Water | Coffee/Tea/Water | Coffee/Tea/Water |
| SOUP | Tomato Vegetable | Carrot & Dill | Cream of Mushroom | Black Bean | Red lentil |
| ENTRÉE | Ham | Vegetable Quiche | BBQ Chicken | Cabbage Rolls | Meatloaf |
| STARCH | Scalloped potatoes | Biscuit | Baked potato halves | Dinner roll | Cornbread |
| VEGETABLE | Mixed vegetables | Garden Salad | Coleslaw | Green beans | Roasted Vegetables |
| DESSERT | Rice Pudding | Rhubarb Cake | Ice cream with frozen berries | Coffee Cake | Chocolate Zucchini Cake |

4-Week Cycle Sample Menu

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|---|---|--|---|
| Week 1 | Beef Chili Sliced rye bread Coleslaw coconut cream cake | Breaded chicken Mashed potatoes Mixed vegetables Vanilla Ice cream | Mexican bean casserole Rice Garden Salad Lemon loaf | Cream of broccoli soup Grilled cheese sandwich Pickles Fresh fruits | Sweedish Meatballs Rice Carrots & Broccoli Pudding |
| Week 2 | Beef and Barley soup Perogies with sour cream Roasted vegetables Pineapple upside-down cake | Vegetarian Lasagna Ceaser Salad Garlic bread Fresh fruit | Beef and noodles Steamed carrots Mashed potatoes Baked apples | Sloppy joes on a bun Potato wedges Coleslaw Fresh fruit | Cream of tomato soup Tuna Casserole Coleslaw salad Poppy seed loaf |
| Week 3 | Tortiere (Meat pie) Garden salad Pumpkin loaf | Chickpea curry Rice pilaf Mixed vegetables Blondie squares | Shepards pie Tossed salad Yogurt parfait | Chicken broccoli rice casserole Peas and carrots Butterscotch squares | Beef pot roast Mashed turnip Steamed carrots Banana fosters |
| Week 4 | Seafood macaroni casserole Bread Cucumber salad Chocolate fudge squares | Chicken Parmesan Garden salad Dinner roll Mandarin orange slices | Beef stew Crackers Greek salad Apple slices and chocolate sauce | Honey mustard chicken Garden rice Lemon buttered broccoli Black forest cake | Smoked sausage on bun Sauerkraut Coleslaw Potato wedges Apple crisp |