Menus for Every Season!

Spring

Spring Menu
Highlighting the essence of spring, this menu presents a collection of fresh, light recipes inspired by the season. Whether you prefer hot or cold dishes, you'll find an array of options for every taste.

Fall

Fall Menu
Featuring the rich fruits and flavors of the season, this menu invites you to savor a mix of hot and cold recipes. Perfect for the crisp days ahead, these dishes offer both warmth and comfort, capturing the essence of fall.

Winter

Winter Menu
Tailored for chilly winter days, this menu embraces comforting recipes to warm your senses. Dive into a selection of more hearty and cozy meals designed to bring comfort during this colder season.

Summer

Summer Menu
Crafted for the summer season, this refreshing menu is tailored to suit warmer days. Dive into a selection of cold recipes, enhanced with the vibrant fruits of the season, making it a perfect choice for the hot summer months.

You can mix and match menu suggestions from each planner to suit your needs!

Menu Examples - Spring

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Cherry tomatoes & Breakfast tacos	**Menu** Minty fruit salad with yogurt & Whole wheat waffles	**Menu** Sliced veggies & Beet hummus & Whole wheat crackers	**Menu** Berry oatmeal bake & Yogurt	**Menu** Spinach Morning Muffins & Cheese

Make water the beverage of choice, every day of the week.

NOTES & SUGGESTIONS

LOCAL and SEASONAL fruits and vegetables: strawberries, radishes, beets, carrots, fresh herbs, lettuce, spinach, asparagus, cucumbers, peppers.

- Use your leftover vegetables (frozen or fresh) and add them to your smoothies.

Menu Examples - Winter

Breakfast CLUB of Canada

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Oatmeal pancakes & Berry compote & Yogurt	Menu Menemen & Whole wheat bagel	Menu Kasha & Applesauce	Menu Baked beans & Fresh fruits & Whole wheat bread	Menu French toast cups & Dried fruits

Make water the beverage of choice, every day of the week.

NOTES & SUGGESTIONS

LOCAL and SEASONAL vegetables: cranberries, carrots, mushrooms, strawberries, greenhouse vegetables (peppers, cucumbers, tomatoes, lettuce...)

- Frozen or canned fruits (unsweetened) or veggies can be used for cooking and baking.

Menu Examples - Fall

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Sliced apples & Harvest granola	**Menu** Dal Bhat (p.7) & Whole wheat bread & Veggie sticks	**Menu** Applesauce & Mini pancake bites & Cheese	**Menu** Chopped fresh fruits & Cinnamon maple yogurt dip & Whole wheat bagel	**Menu** Apple, carrot and raisin muffins & Wow butter "frosting"

Make water the beverage of choice, every day of the week.

NOTES & SUGGESTIONS

LOCAL and SEASONAL vegetables: apples, cranberries, leeks, peppers, broccoli, squash, pumpkin...

- Save the pumpkin seeds and cook them in the oven with a seasoning of your choice! The children will love it!
- Take advantage of the season to discover the different textures and tastes of squash.

Menu Examples - Summer

Breakfast CLUB of Canada

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Fresh summer fruits & No bake chia oat cookies	**Menu** Sliced veggies & Yogurt dip & Whole wheat pita chips	**Menu** Mango Lassi & Breakfast sandwiches	**Menu** Banana split Including granola	**Menu** Breakfast pizzas

Make water the beverage of choice, every day of the week.

NOTES & SUGGESTIONS

LOCAL and SEASONAL vegetables: peach, pears, prunes, blueberries, raspberries, cantaloupe, peppers, tomatoes, corn, celery, groundcherries, beans, carrots, beets, watermelon...

- Freeze your yogurts with sticks for easy homemade popsicles