

Source: Region of Peel  
Human Resources, Healthy Workplace Program

### Menu Suggestions

Beverages  
Sandwiches  
Main dishes  
Snacks  
Breakfast  
Soups/Salads/Crudites  
Desserts

Keep these practical suggestions in mind when planning the menu for a meeting, workshop or event:

#### Beverages

- Make sure water is available (jugs and/or bottled water) in addition to other beverages
- Provide fruit and/or vegetable juices (100% pure juice) in addition to coffee and teas
- Offer 2%, 1%, skim and/or chocolate milk for drinking
- Provide milk in addition to cream for coffee and tea

#### Breakfast

- Provide a variety of different foods and beverages
- Offer grain products such as whole grain breads/toast, lower fat muffins, hot or cold whole grain cereal, whole grain or plain bagels
- Provide fruit as whole fruit, fruit tray, dried fruit, fruit salad and/or 100% fruit juices
- Make available lower fat milk products like yogurt (2% M.F. or less), lower fat cheeses (17% M.F. or less), and/or milk (2% M.F. or less)
- Offer meat alternatives such as poached, soft-boiled or hard boiled eggs, and/or peanut butter for toast/muffins/bagels
- Make butter, non-hydrogenated margarine, low-fat cream cheese, peanut butter, etc. available on the side

#### Sandwiches

- Ask for sandwiches on an assortment of whole grain breads, rolls, pitas, wraps, etc.
- Offer a variety of lower fat sandwich fillings such as tuna, salmon, lean roast beef, turkey, chicken, ham, or lower fat cheese. Make sure to

include vegetarian fillings, like grilled vegetables, or offer "make your own" sandwiches with some vegetable choices

- For ready-made sandwiches, ask that a portion of them be made with little or no mayonnaise, butter or margarine
- If serving "make your own" sandwiches, offer mayonnaise, butter and non-hydrogenated margarine on the side. Include alternative condiments such as mustard as well.

### Soups/Salads/Crudites

- Provide broth-based soups or soups made with milk instead of cream-based soups
- Consider legume-based soups like lentil or black bean soups
- If offering salads, ensure that at least one green salad is available
- Order green salads made with spinach, romaine lettuce or leaf lettuce rather than iceberg lettuce
- Have salad dressings served on the side and offer lower fat and regular options
- Consider including legumes and/or nuts and seeds in salads. For example, provide chickpeas or sunflower seeds on the side for green salads
- If offering potato or macaroni salad, coleslaw or marinated salads, ask for lower fat dressings
- When serving vegetables and dip, ask for dips made with yogurt or low-fat sour cream

### Main dishes

- Consider dishes made with grains such as rice, couscous, quinoa, barley, noodles or pasta
- Include at least one vegetarian selection for lunch or dinner. Try entrees made from beans, lentils, dried peas or tofu.
- Choose meat, fish, poultry and vegetable dishes that are broiled, roasted, baked or steamed instead of fried
- Consider more international dishes such as Italian pasta primavera, Moroccan stew, Mexican vegetable enchiladas, Spanish paella, Oriental stir-fires, Indian curries, or Provencal ratatouille

### Desserts

- Offer fresh fruit or a fruit salad
- Emphasize Ontario seasonal fruits
- Choose lower fat yogurts
- Provide whole grain and lower fat cookie options such as oatmeal, gingerbread, fruit-filled cookies (fig, raspberry, apple, etc.)

- Offer lower fat quick breads (carrot, zucchini, banana, pumpkin), cakes (angel food) or muffins

### Snacks

- Provide whole grain crackers and lower fat cheese options for cheese and cracker trays
- Offer fruit such as whole fruit, a fruit tray, dried fruit, fruit salad and/or 100% fruit juices
- Provide lower fat granola bars, 100% fruit bars and/or cereal bars
- When serving vegetables and dip, ask for dips made with yogurt or low-fat sour cream
- Serve low fat yogurt (2% M.F. or less) in various flavours
- Provide nuts and seeds, dried fruit in small cups