

Source: Region of Peel  
Human Resources, Healthy Workplace Program

### Sample Menus

Snacks (a.m.)  
Snacks (p.m.)  
Lunches

The following sample menus have been created based on the healthy eating guidelines previously outlined. The snacks include choices from at least two of the four food groups and the lunches include choices from at least three of the four food groups (grain products, vegetables & fruit, milk products, and meat & alternatives). These are suggestions only. Your menus will be determined by your budget, the event participants and your own creativity.

Snacks (a.m.)

#### Sample 1

Fruit Tray (strawberries, pineapple, oranges, grapes, etc)  grain products  
Assorted low fat muffins  vegetables & fruit  
Milk (white or chocolate), water  milk products  
Optional: coffee, tea  meat & alternatives

#### Sample 2

Yogurt in various flavours  grain products  
Bagels in low-fat cream cheese  vegetables & fruit  
100% fruit juices (apple, orange, grapefruit, etc), water  milk products  
Optional: coffee, tea  meat & alternatives

Snacks (p.m.)

#### Sample 1

Vegetable tray with low-fat dip  grain products  
Assorted nuts and seeds served in small cups  vegetables & fruit  
Water  milk products  
Optional: coffee, tea  meat & alternatives

### Sample 2

Whole fruit - apples, pears, bananas, grapes, oranges  grain products  
Cheese and cracker tray  vegetables & fruit  
Water  
Optional: coffee, tea  milk products  
 meat & alternatives

### Lunches

#### Sample 1

Pasta served with vegetables in tomato sauce  grain products  
Chickpea or lentil salad  vegetables & fruit  
Whole wheat dinner rolls with butter/margarine on the side  milk products  
Fruit tray  meat & alternatives  
Sweet tray - including some lower fat options like quick breads  
Water  
Optional: 100% juices (apple, orange, grapefruit, V8, tomato, etc.), milk (white or chocolate), pop, coffee, tea

#### Sample 2

Garden salad with choice of dressings on the side  grain products  
Sandwiches made with a variety of whole grain rolls, wraps, bagels - salmon, ham, roast beef, chicken, grilled vegetables  vegetables & fruit  
Yogurt and fruit salad  milk products  
Selection of cookies, including whole grain and lower fat options  meat & alternatives  
Water  
Optional: 100% juices (apple, orange, grapefruit, V8, tomato, etc.), milk (white or chocolate), pop, coffee, tea