



Mealtime Mentoring

Easy-To-Make Meals

What can I make when I need a fast and easy meal?

Many nutritious meals do not take a lot of preparation as long as you have the ingredients on hand. Some foods can be served for breakfast, lunch, or supper. Examples include eggs, yogurt, peanut butter, and cheese.

Easy-to-make lunches/suppers

(These include all 4 food groups)

- Vegetable soup with a grilled ham and cheese sandwich.
- Peanut butter and banana sandwich with a glass of milk.
- Macaroni and cheese with tuna and peas.
- Canned beans on bannock or toast with a salad and yogurt.
- Egg salad sandwich with raw vegetables and dip and a glass of milk.
- Beef melt (whole grain bread topped with beef and melted cheese) and a salad.
- Baked potatoes topped with taco filling, ham or chili. Top with cheese. Serve with a bun or bread.
- Spaghetti with meat sauce, a salad and milk.
- Stir-fried meat and vegetables on rice with a glass of milk.



- Individual meatloaves (cooked in muffin tins), mashed potatoes, a bun and milk.
- Eggs and cheese on an English muffin with sliced fruit.
- Perogies, sausage, corn and milk.
- Tuna casserole (tuna, celery soup, peas) with rice and milk.

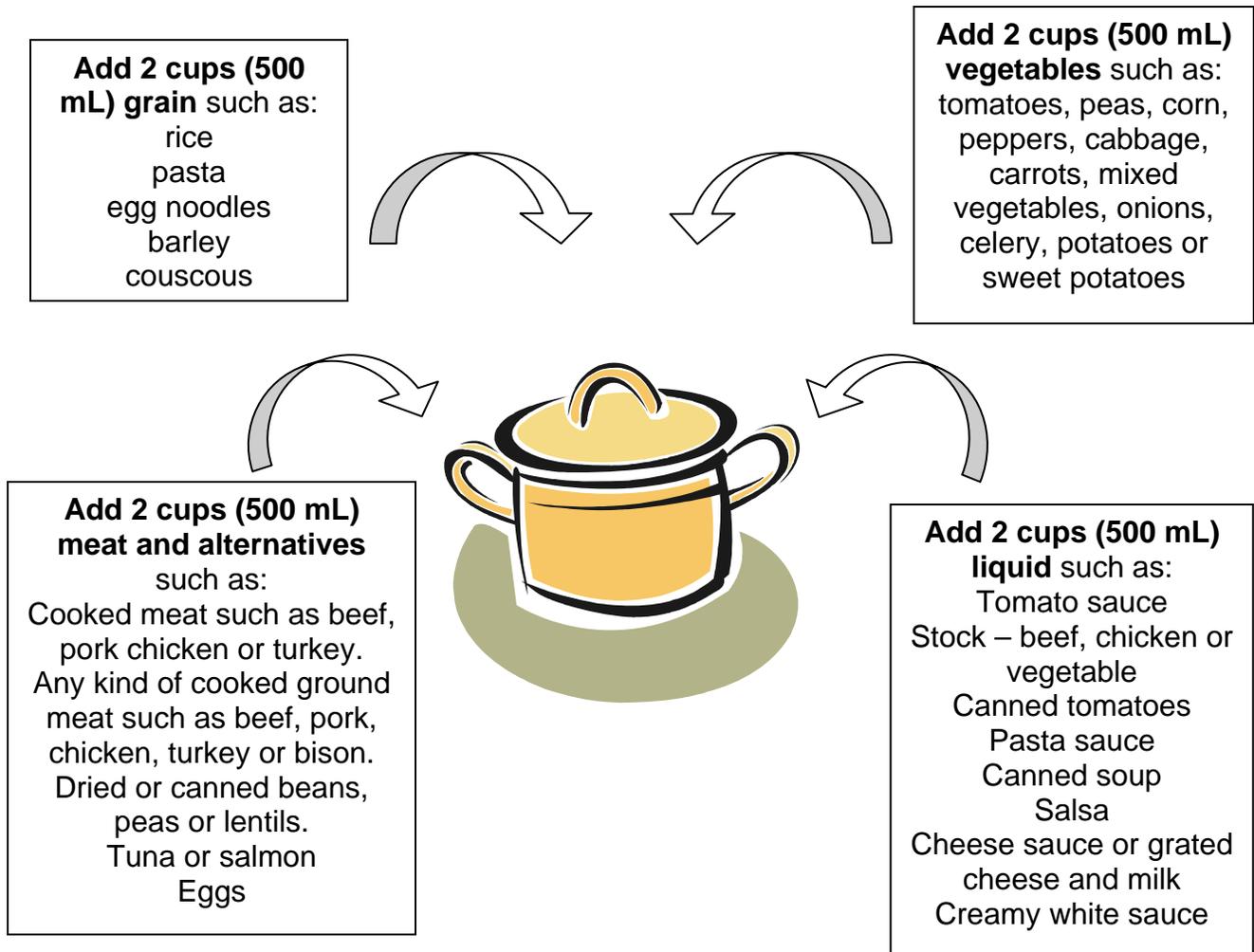
Easy-to-make breakfasts

(These include 3 food groups)

- Cold cereal with milk and a banana.
- Boiled egg on toast and an orange.
- Porridge with a scoop of raisins and milk.
- Yogurt, muffin and pineapple wedges.
- Pancake with berries and a glass of milk.
- Scrambled eggs on toast covered with a cheese slice.
- Oatmeal muffin with a bowl of banana slices in milk.
- French toast with fruit and yogurt.
- Grilled cheese with fruit cocktail.
- Fruitshake (yogurt and fruit blended) and a bran muffin.
- Bannock, cheese and an apple.

Create your own quick and tasty casseroles

Casseroles offer many possibilities. Mix equal amounts of grain, vegetables, meat and liquid. Simmer. Add seasonings to taste.



Makes 6 – 1 cup (250 mL) servings

Adaptations:

- Instead of adding the grain, serve on toasted whole grain pita, bannock, bun, bread or soft taco OR serve the casserole over the grain cooked separately.
- Casseroles can be prepared on the stove top, slowly simmered in a crock pot or baked.
- Casseroles can easily become soups by increasing the liquid. Try 4 cups (1L) liquid and then adjust.
- Serve with a glass of cold milk to ensure 4 food groups are present.
- You can easily involve children in the preparation. They can help measure, stir and chop.

*Helping you provide healthy food and a positive eating environment
in early learning and child care settings.*