

Sample 2 Week Menu Plan

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<i>Breakfast</i>	Oatmeal with milk and raisins	English Muffin with cheese and jam	Oatmeal with frozen fruit	Cold cereal with milk & fruit	Oatmeal with peanut butter & fruit	Toast with peanut butter and honey	Oatmeal with cinnamon and raisins
<i>Lunch</i>	Egg salad sandwich with fruit	Peanut butter and jam sandwich With milk	Mini pizza on pita or English muffin With fruit salad	Leftover chicken or spaghetti	Tuna melt	Salmon salad wraps	Omelette with frozen vegetables
<i>Dinner</i>	Spaghetti with Meat Sauce and peas	Herb Baked Chicken , potato and vegetable	Chili with toast (freeze leftovers if able)	Oatmeal pancakes with frozen fruit mash (freeze leftovers)	Cheesy Vegetable Pasta Bake	Finish any Leftovers from earlier in the week	Tuna rice casserole

Week 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<i>Breakfast</i>	Whole wheat toast with peanut butter	Leftover oatmeal pancakes with mashed frozen fruit	Cold cereal with milk and fruit	Oatmeal with peanut butter	French Toast	Overnight raspberry oats	Oatmeal with cinnamon and raisins
<i>Lunch</i>	Grilled cheese and canned tomato soup	Peanut butter and jam sandwich	Leftover frozen Chili with toast and fruit	Leftover chicken stir-fry	Baked beans on toast	Leftover spaghetti	Salmon salad on wrap or pita
<i>Dinner</i>	Easy chicken stir-fry	Tuna Broccoli Bake	Leftover tuna rice casserole or broccoli bake	Pizza on pita or English muffin	Spaghetti with Meat Sauce	Rice with creole kidney beans	Leftover rice & beans

Additional Notes:

We know these amounts will most likely be beyond the capacity of most food banks.

This resource is intended to be a guide only. We do not expect each client to make all these items – they are simply suggestions as to what can be made with items on the provision list.

Some recipes make large amounts that would allow for leftovers for a few days in a row, or frozen and used later in the second week, when supplies will be dwindling.

We acknowledge not everyone will have access to all cooking equipment or spices/flavouring or even ingredients – so the goal will be to make the most out of what is available.

Sample Provision List – Households of 2 individuals

Item	Amount* Needed for 2 weeks for 2 people (estimated*) (provide double for family of 4 or more)
Frozen Products	
Ground beef	2 -3 pounds (0.9 kg- 1.5 kg)
Chicken Thighs or legs	1-2 pounds (0.5-1 kg)
Fruits	1 - 2 500 g package of frozen fruit - strawberries/raspberries/mixed berries /blueberries
Vegetables	2 kg bag of mixed peas/carrots/corn
	Or individual 750 g – 1 kg bags of 2 different kinds (peas/corn)
100% Orange juice	283 ml
Egg	
Egg	1 dozen
Milk	1 – 4 litre bag (could consider bag of powered milk)
Cheese	1- 700g package of brick or 1 – 450 g package processed cheese slices Parmesan cheese (½ - 1 cup, small shaker) if possible
Bread/Pita/English muffin/wraps	2 loaves of bread 1 - 400g pkg pitas or 1 pkg wraps 1 pkg English muffins
Margarine	1 -500 g container
Syrup/honey/jam	1 jar of each

Spices - Italian seasoning, chili powder, oregano, garlic powder, soya sauce , Worcestershire sauce	1/4 cup of each
Raisins	375 g bag
Vegetable Oil	946 ml bottle canola oil
Rice	900 g bag/box
Flour	500 g – 1 kg bag
Oats/ quick cooking	1 kg bag
Pasta	2 -3 900 g pkgs
Cereal – cold, at least 3 g fibre/serving if possible eg. Shreddies	1 box
Peanut Butter	500 g
Chicken stock	1 - 900 g box
Onion	3 onions
Potato	2.3 kg bag (5 lbs)
Canned products	
Vegetables	4 cans - 398 ml any variety (~ 3 srvgs/can)
Fruit	6 cans - 398 ml any variety (or 796 ml for family)
Tuna	3 cans 170 g
Salmon	2 cans 213 g
Lentils	1 can or bag
Beans	3 cans kidney beans
Pasta/Tomato Sauce	4 cans
Tomato Paste	1 can (156 ml)
Tomato Soup	2 cans (284 ml)
Mushroom soup	2 cans (284ml)
Baked beans	2 cans (398 ml)
Canned Tomatoes	2 cans (796ml)

Things to consider:

1. Fresh produce may be limited, but it would be ideal if a bag of apples, oranges and a bunch of bananas could be provided.
2. Include vegetables that store well, if available – potatoes, sweet potatoes, carrots, onions.
3. Bread loaves may be in low supply – consider English muffins, pita bread, or wraps instead.
4. Portion control will be key to having supplies last longer –esp. for staples like rice and pasta: ½ cup (cooked) = 1 serving
5. Have provided a few recipes to give ideas for use of provisions – tried to keep them easy, simple ingredients, no special equipment.

For more meal ideas go to:

<https://csaonline.ca/sites/default/files/CSA-FoodBank-Student-Cookbook-reduced-size.pdf>

<https://publications.cpha.ca/products/3-1bk04220> (The Basic Shelf)