

# Menu and Food Preparation Guide

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**EXPLORE**  **RE**



UNIVERSITÉ DE MONCTON  
EDMUNDSTON MONCTON SHIPPAGAN

Éducation permanente

## Menu guide Week 1

	Breakfast	Lunch	Dinner
Monday	Toast & peanut butter, fruit	Chick pea salad	Chicken wrap
Tuesday	Oatmeal & milk, fruit	Tuna wrap	Hot Chicken & vegetables
Wednesday	Toast & peanut butter, fruit	Chick pea salad	Alfredo pasta, frozen vegetables
Thursday	Breakfast sandwich, fruit	Tuna nachos	Cafeteria
Friday	Toast & peanut butter, fruit	Spinach and couscous salad	Egg sandwich, raw vegetables
Saturday	Oatmeal & milk, fruit	Egg sandwich, vegetables	Salmon, spinach salad
Sunday	Breakfast sandwich, fruit	Vegetarian chili, tortillas	Cafeteria



Menu guide  
**Week 2**

	Breakfast	Lunch	Dinner
Monday	Yogurt, granola and fruit	Alfredo pasta, frozen vegetables	Carrot and corn shepherd's pie
Tuesday	Toast & peanut butter, fruit	Carrot and corn shepherd's pie	Spaghetti with tomato and lentil sauce
Wednesday	Breakfast cereals and milk, fruit	Chicken and cheese salad	Hummous and vegetable wrap
Thursday	Yogurt, granola & fruit	Egg sandwich, cucumber	Spaghetti with tomato and lentil sauce
Friday	Toast & peanut butter, fruit	Hummous, tomato and cucumber wrap	Cafeteria
Saturday	Breakfast cereals and milk, fruit	Spinach and nut salad	Chicken sandwich
Sunday	Cheese omelet, fruit	Cafeteria	Pork and vegetable rice



## Menu guide Week 3

	Breakfast	Lunch	Dinner
Monday	Bagel & cheese, fruit	Pork and vegetable rice	Cafeteria
Tuesday	Yogurt, granola and fruit	Chicken fajitas	Stuffed bell pepper with lentils and quinoa
Wednesday	Toast & peanut butter, fruit	Pita bread and hummous, cheese vegetables	Chicken fajitas
Thursday	Yogurt, granola and fruit	Stuffed bell pepper with lentils and quinoa	Beef and vegetable rice
Friday	Bagel & cheese, fruit	Pita bread and hummous, raw vegetables	Cafeteria
Saturday	Yogurt, granola and fruit	Beef and vegetable rice	Asparagus and nut couscous
Sunday	Toast & peanut butter, fruit	Asparagus and nut couscous	Pita bread and hummous, raw vegetables



## Menu guide Week 4

	Breakfast	Lunch	Dinner
Monday	Breakfast cereal, fruit	Tuna and tomato wrap	Chinese macaroni
Tuesday	Yogurt, granola and fruit	Chinese macaroni	Pita bread and hummous, cheese vegetables
Wednesday	Toast & peanut butter, fruit	Spinach and raspberry salad	Vegetable and ham pasta
Thursday	Breakfast cereal, fruit	Ham and vegetable pasta	Spinach and raspberry salad
Friday	Yogurt, granola and fruits	Couscous and nut salad	Cafeteria
Saturday	Breakfast cereal, fruit	Ham sandwich	Couscous and nut salad
Sunday	Toast & peanut butter, fruit	Mushroom, tomato and cheese omelet	Cafeteria



## Menu guide

### Week 5

	Breakfast	Lunch	Dinner
Monday	Yogurt, granola and fruit	Vegetable and tuna rice	Chicken and spinach sandwich
Tuesday	Breakfast cereal, fruit	Spinach and chicken salad	Tuna and vegetable rice
Wednesday	Toast & peanut butter, fruit	Ham, tomato and corn couscous	Grilled vegetables with chicken and cheese
Thursday	Breakfast cereal, fruit	Grilled vegetables with chicken and cheese	Spinach and chicken salad
Friday	Bagel and cheese, fruit	Ham, tomato and corn couscous	Hummous and tomato sandwich
Saturday	Breakfast cereal, fruit	Kidney bean and olive salad	Ham, tomato and corn couscous
Sunday	Toast & peanut butter, fruit	Hummous and tomato sandwich	Kidney bean and olive salad



## Tips for saving money

Do...

### **Look for large sizes**

If you check the price, large sizes cost less than small packages. Share costs and quantities with another student.

### **Buy frozen**

Frozen foods have great nutritional value, keep fresh longer, and they're easier to cook!

### **Eat nuts, legumes and tofu**

These alternatives are great sources of protein, are easy to cook and are cheaper than meat.

Don't...

### **Buy ready-made frozen meals**

Prepared and frozen meals are often high in salt and cost more. It's usually healthier to cook it yourself!



## Grocery ~ Week 1

	Food	Quantity
Fruits & Vegetables	Green onion	1 pkg
	Carrot	2 lbs
	Tomato	3 tomatoes
	Cucumber	1 cucumber
	Green pepper	1 pepper
	Spinach	1 tray (284g)
	Mushroom	1 tray (227g)
	Corn (frozen)	1 bag
	Vegetable mix (frozen)	1 bag
	Fruit - Plan for 2-3 portions per day (ex. apples, bananas, nectarines, blueberries... fresh, frozen, canned)	
Dairy	Soya or cow's milk	1L
	Yogurt	750g
	Brick cheese	1 brick (300g)
Cereal Products	Sliced bread	1 loaf
	Oatmeal	1 box (10 bags)
	Tortilla bread	1 bag
	Pasta (macaroni)	1 box
	Couscous	1 box
Meat and alternatives	Eggs	1 dozen
	Cooked chicken	½ a chicken
	Salmon (Fresh or frozen)	4 pieces
	Chick peas	1 can
Misc.	Mayonnaise	1 container
	Peanut butter	1 container
	Salad dressing	1 container
	Alfredo sauce	1 container
	Tortilla chips	1 bag
	Granola bars	1-2 boxes
	Plastic wrap	1 roll





## Grocery ~ Week 2

	Food	Quantity
Fruits & Vegetables	Green onion	1 pkg
	Tomato	3 tomatoes
	Cucumber	2 cucumbers
	Green pepper	1 pepper
	Spinach	1 tray (284g)
	Cream corn	1 can
	Frozen vegetable mix	1 bag
	Fruit - Plan for 2-3 portions per day (ex. peaches, strawberries, prunes, oranges... Fresh, frozen or canned)	
Dairy	Soya or cow's milk	1L
	Yogurt	750g
	Brick cheese	1 brick (300g)
Cereal Products	Sliced bread	1 loaf
	Breakfast cereal (granola)	1 box
	Tortilla or submarine bread	1 bag
	Pasta (spaghetti)	1 box
	Rice	1 bag
Meat and alternatives	Eggs	½ a dozen
	Cooked chicken	½ a chicken
	Lentille	1 can
	Ground beef	200g
	Hummous	1 container
Misc.	Pasta and tomato sauce	1 container
	Mixed bars	1 bag
	Granola bars	1-2 boxes



## Grocery ~ Week 3

	Food	Quantity
Fruits & Vegetables	Green onion	1 pkg
	Tomato	2 tomatoes
	Cucumber	2 cucumbers
	Green and red pepper	3 peppers
	Green beans	1 can
	Celery	1 bunch
	Mushroom	1 tray (227g)
	Vegetable mix (frozen)	1 bag
	Broccoli (frozen)	1 bag
	Asparagus	1 can
	Fruit - Plan for 2-3 portions per day (ex. grapes, pears, melons, mangoes... Fresh, frozen or canned)	
Dairy	Soya or cow's milk	1L
	Yogurt	750g
	Brick cheese	1 brick (300g)
Cereal products	Bagel	1 bag (6 bagels)
	Breakfast cereal (granola)	1 box
	Pita bread	1 bag
	Quinoa	1 bag
Meat and alternatives	Eggs	½ a dozen
	Chicken breast	2 breasts
	Lentils	1 can
	Beef (strips)	200g
	Tuna	1 can (small)
	Hummous	1 container
Misc.	Tomato sauce for pasta	1 container
	Honey garlic sauce (VH)	1 container
	Granola bars	1-2 boxes



## Grocery ~ Week 4

	Food	Quantity
Fruits & Vegetables	Green onion	1 pkg
	Tomato	2 tomatoes
	Cucumber	1 cucumber
	Orange and yellow pepper	2 peppers
	Mushroom	1 tray (227g)
	Spinach	1 tray (284g)
	Frozen vegetable mix	1 bag
	Broccoli (frozen)	1 bag
	Fruit - Plan for 2-3 portions per day (ex. kiwi, grapefruit, apples, raspberries... Fresh, frozen or canned)	
Dairy	Soya or cow's milk	1L
	Yogurt	750g
	Brick cheese	1 brick (300g)
Cereal products	Sliced bread	1 loaf
	Pain tortillas	1 bag
	Oatmeal	1 box (10 bags)
	Pasta (fusilli)	1 box
Meat and alternatives	Eggs	1 dozen
	Chicken breast	2 breasts
	Lentils	1 can
	Turkey or ham slices	10 slices
	Hummous	1 container
Misc.	Tomato sauce for pasta	1 container
	Honey garlic sauce (VH)	1 container
	Mixed nuts	1 bag
	Granola bars	1-2 boxes

## Grocery ~ Week 5

	Food	Quantity
Fruits & Vegetables	Green onion	1 pkg
	Tomato	2 tomatoes
	Cucumber	2 cucumbers
	Green & red pepper	3 peppers
	Celery	1 bunch
	Sweet potato	1 potato
	Mushroom	1 tray (227g)
	Frozen vegetable mix	1 bag
	Black olives	1 can
	Yellow beans	1 can
	Broccoli (Frozen)	1 bag
	Asparagus	1 can
	Fruit - Plan for 2-3 portions per day (ex. clementines, blueberries, mangoes, melons... Fresh, frozen or canned)	
Dairy	Soya or cow's milk	1L
	Yogurt	750g
	Brick cheese	1 brick (300g)
Cereal Products	Bagel	1 bag (6 bagels)
	Breakfast cereal (granola)	1 box
Meat & Alternatives	Eggs	½ a dozen
	Cooked chicken	½ a chicken
	Kidney beans	1 can
	Beef (strips)	200g
	Ham	5 slices
	Tuna	1 can (small)
	Hummous	1 container
Misc.	Alfredo sauce	1 container
	Granola bars	1-2 boxes



## Microwave cooking

### Eggs

In a microwaveable container, whip eggs and milk together. Wrap in plastic film, folding back a corner to let the steam out. Cook on MED-HEAT (70 %) for 1 :30. Mix regularly while cooking. Cover and rest 30 seconds to 1 minute before serving – the eggs will continue cooking.

### Pasta and vermicelli

All pasta must be completely submerged, but the container must not be filled to the brim – it might overflow. **Do not cover.** Cook according to directions, stirring every 2 minutes until evenly cooked\*. Drain.

\*Cooking times vary depending on the quantity and variety of pasta.

### Rice and quinoa

Use the proportions for rice and water recommended on the packaging.

Long-grain rice: cook for 5 minutes on high and 12 minutes on medium.

Basmati and quinoa: 10 minutes on medium. Water must be hot when mixing. After cooking, cover and let rest a few minutes.

### Vegetables

Slice/dice and set down in a plate. Add some water (except if frozen), cover and heat for 1 to 3 minutes, or until tender.



## Potatoes

Wash and prick all around with a fork. Cook for about 5 minutes. Turn and cook for another 3 minutes.

\*Cooking times depend on the size.

## Beef and chicken

Sprinkle with oil and microwave on high for 4 minutes, or until the middle is no longer pink.

## Fish

Lay a piece in a plate, and cover with plastic film. Cook on max for 3 minutes.

