

## Menu Sample Model for Staff & Council Events/Lunch Meetings

Here are some healthy meal ideas to help plan your next community event, such as a community feast or meeting, enjoy a healthy meal together.

If you are serving for a larger meal, you can make more selections from each of the food groups in the food guide.

Whenever possible, serve seasonal and local foods from the land and from garden harvests. This will give your community members a great meal that they will enjoy and feel pride in as well! These kinds of ideas can be shared for pot lucks as well.

Meal Ideas	Meat, Fish, Birds, Eggs and all Edible Parts	Bannock, Breads and Cereals	Fruits and Vegetables	Milk and Milk Substitutes
# choices (about 30 people)	1 - 2	1 - 2	1 - 2	1
Cold	<p>Traditional meats, fish, birds, and other parts</p> <p>Dried meat or fish</p> <p>Sandwich fillings: Fish, chicken, lean meat, egg or tuna salad (provide lettuce, tomato or other vegetables that could be added in)</p>	<p>Whole wheat buns or bread</p> <p>Rice – brown, wild rice mix with white and/or vegetables added.</p> <p>Corn (on the cob if in season)</p>	<p><b>Vegetable Tray</b></p> <p><b>Salad – local greens/ plants</b></p> <p>Vinaigrette dressings (raspberry) – serve on the side.</p> <p><b>Other vegetables – cooked</b></p> <p>Fresh Fruit Salad or fruit tray</p> <p>Berry/Rhubarb/Fruit crisp</p> <p>Unsweetened canned or frozen fruit</p>	<p>Have milk on hand to drink or evaporated milk for coffee</p> <p>Use a low fat or homemade yogurt dip. Serve fruit crisp with plain yogurt</p>
Hot	<p>Traditional meat stews (e.g. moose stew)</p> <p>Chili</p> <p>Traditional meat or chicken soup (locally made)</p>	<p>Fresh Bannock</p> <p>Rice</p> <p>Potatoes</p>	<p><b>Vegetables –cooked or steamed – from local gardens or in season</b></p>	<p>Rice pudding</p>