

MONTHLY THEMES TO ADD

Pleasure to the Menu



To add flavour to your menus and heighten the pleasure of eating all year round, we encourage you to introduce monthly themes.

Here are some monthly themes that include recipe ideas that have been tested and appreciated by both children and adults alike.

MONTH	THEME	CHOICE 1	CHOICE 2
JANUARY	Twelfth Night	TURKEY Meatloaf (No. 10)*	Ground PORK and Eggplant (No. 13) Exquisite TURKEY Stew (No. 11)
FEBRUARY	Valentine's Day	CHICKEN and Cranberry Pasta Salad (No. 8)	CHICKEN Broccoli Lasagna (No. 12)
MARCH	Easter Nutrition Month	HAM and Sweet Potatoes <i>au Gratin</i> (No. 9)	Easter PORK Tarts (No. 25)
APRIL	Greece	Greek CHICKEN Pizza (No. 1) CHICKEN Breasts with Mint (No. 14)	TURKEY Roast Ratatouille (No. 20)
MAY	Mother's Day	Comforting CHICKEN Meal-in-a-Bowl (No. 16)	Healthy CHICKEN Wrap (No. 3)
JUNE	Asia India	Asian CHICKEN (No. 18) Succulent CHICKEN Rolls (No. 2)	Indian-Style PORK Cubes (No. 15)
JULY	Christmas in July	CHICKEN Submarine (No. 23)	Nutritious Hamburger (No. 17)
AUGUST	Summer BBQ	Sunny CHICKEN (No. 19)	Sunny PORK Meatballs (No. 4) Nutritious Hamburger (No. 17)
SEPTEMBER	Harvest Time	TURKEY Roast with Apples (No. 6)	Fancy CHICKEN Legs with Fruit (No. 22) PORK Chops with Salsa (No. 7)
OCTOBER	Thanksgiving	Exquisite TURKEY Stew (No. 11)	TURKEY Meatloaf (No. 10)
NOVEMBER	Halloween	Halloween Hamburger (No. 26)	TURKEY Meatballs (No. 5)
DECEMBER	Christmas	TURKEY Osso Buco (No. 27)	Pot-au-Feu (No. 21) Exquisite TURKEY Stew (No. 11)

**Refer to the recipe cards included in your binder*

Have fun and take the time to appreciate a flavourful meal !

Enjoy !

Sources: www.saveursdici.com / www.action-nutrition.net