

Three Meals a Day the Yukon Way

A balanced meal has at least one food from each food group



Breakfast:

Omelet (egg, tomato, spinach, cheese), bread

Lunch:

*Moose Stew (meat, potato, carrot, celery, gravy),
bannock, cheese*



Dinner:

*Salmon, asparagus, barley,
salad (lettuce, tomato, carrot, radish, cheese)*