

Recipe Name	Lentil Loaf		Food Groups per Serving	
Serves	50		Vegetables & Fruits	0.5
Serving Size	1 slice		Grains	1
Total Cost per recipe	\$50.12		Milk & Alternates	1
Total Cost per serving	\$1.00		Meat & Alternates	0.5
Costed July 20, 2010				
Ingredient	Amount Used in Recipe	Unit	Cost per Recipe	Cost per Serving
Margarine	30.00	ml	0.172	0.003
Lentils, canned	2.50	l	9.213	0.184
Mozzarella, part skim	1.50	l	11.410	0.228
Cheddar cheese	1.50	l	8.372	0.167
Onion	3.00	ea	0.695	0.014
Mushrooms	750.00	ml	3.291	0.066
Green pepper	750.00	ml	3.289	0.066
Cloves, ground	10.00	ml	0.673	0.013
Wheat germ	750.00	ml	7.699	0.154
Dried bread crumbs	1.00	l	3.150	0.063
Eggs	5.00	ea	1.246	0.025
Yogurt, 2%	180.00	ml	0.913	0.018
Parsley to garnish				
Eggs purchased should be firm, uncracked, and should have a best-before date.				
1. Mix all ingredients together in the order given.				
2. Bake covered 350°F (180°C) in oil sprayed loaf pans for approximately 1 hour (or until a knife will come out clean).				
3. Uncover for last 10 minutes to brown top.				
4. Unmold, garnish with parsley (if desired), and serve with home-prepared tomato sauce.				
MSVU Child Care Centre Menu Plan Project			http://www.msvu.ca/menuproject/	