



MON

TUES

WED

THURS

FRI

December 16th

French Toast
(contains egg)
Cucumbers
Applesauce
*Milk or Water

Chickpea Sauce
Israeli Couscous
Carrots
Fresh Fruit + Bread
*Milk or Water

Soy Meatballs with
Pasta + Tomato Sauce
Zucchini Parmesan
Fresh Fruit + Bread
*Milk or Water

Tuna & Egg Salad
Noodle Soup
Cuc. Car. Tom.
Fresh Fruit + Bread
Milk or Water

Baked Salmon
with Rice
Green Peas
Fresh Fruit + Bread
*Milk or Water

WEEK 1

December 23rd

Cheese Pizza
with Edemames
Cuc. Car. Tom.
Fresh Fruit
*Milk or Water

Scrambled Eggs
Latkas
Cucumbers
Fresh Fruit + Bread
*Milk or Water

Lentil Sauce
with Rice
Carrots
Fresh Fruit + Bread
*Milk or Water

Bowtie Pasta
with Buckwheat
Carrots + Peas
Fresh Fruit + Bread
*Milk or Water

Broccoli Soy Patty
Vegetable Barley Soup
Cuc. Car. Tom.
Fresh Fruit + Bun
*Milk or Water

WEEK 2

CLOSED: Dec 25th

CLOSED: Dec 26th

Dec. 2nd & 30th

Banana Buckwheat
Pancakes + HB Eggs
Cucumbers
Applesauce
*Milk or Water

Rotini Pasta with
Lentil Sauce + Cheese
Green Peas
Fresh Fruit + Bread
*Milk or Water

Soy Hot Dogs
Broccoli Soup
Cuc. Car. Tom.
Fresh Fruit + Bun
*Milk or Water

Cheese Quiche
with Potatoes
Carrots
Fresh Fruit + Bread
*Milk or Water

Lemon Salmon
Quinoa + Couscous
Peas + Carrots
Fresh Fruit + Bread
*Milk or Water

WEEK 3

CLOSED: Jan. 1st

December 9th

Grilled Cheese
Lentil Soup
Cucumbers
Fresh Fruit
*Milk or Water

Vegetable Lasagna
+ Lentils & Cheese
Cuc. Car. Tom
Fresh Fruit + Bread
*Milk or Water

Broccoli Soy Nuggets
with Rice
Ass't Peppers
Fresh Fruit + Bread
*Milk or Water

Fish Sticks with
Mashed Potatoes
Corn & Carrots
Fresh Fruit + Bread
*Milk or Water

Pasta & Cheese
+ White Beans
Green Peas
Fresh Fruit + Bread
Milk or Water

WEEK 4

Ages 1 to 2 yrs: 3.25% milk | 2+ yrs: 2% milk - provided with each meal by the Centre and is Kosher (not Cholov Yisroel) | All bread, rice, pasta and pancakes are whole grain



LOCALLY SOURCED FIRST



BACKGROUND CHECKS ON INGREDIENTS
for additives and preservatives



C.C.E.Y.A COMPLIANT



DIETICIAN REVIEWED MENU



CULTURALLY DIVERSE MEALS
globally inspired



FOOD KIDS LOVE!
full nutrition for healthy, growing bodies



KOSHER MEAT AND DAIRY
Cholov Yisroel



FAMILY ORIENTED
for your healthy, active family



COMPLETELY NUT FREE



QUALITY, WHOLE FOODS
Only whole grains



ALLERGY ALTERNATIVES



MENU VARIABILITY
monthly rotations with seasonal features