



MON

TUES

WED

THURS

FRI

Feb. 11th

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 Beans
Fresh Fruit + Bread
*Milk or Water

WEEK 1

Feb. 18th

Cheese Quiche
Latkas
Cucumbers
Fresh Fruit + Bread
*Milk or Water

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

Lentil Sauce
with Rice
Cuc. Car. Tom.
Fresh Fruit + Bread
*Milk or Water

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

Broccoli Soy Patty
Vegetable Barley Soup
Ass't Peppers
Fresh Fruit + Bun
*Milk or Water

WEEK 2

Feb. 25th

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

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

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

Cheese Quiche
Roasted Potatoes
Carrot
Fresh Fruit + Bread
*Milk or Water

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

WEEK 3

Feb. 4th

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

Vegetable Lasagna
+ Lentils & Cheese
Cucumbers
Fresh Fruit + Bread
*Milk or Water

Grilled Cheese
Lentil Soup
Cuc. Car. Tom.
Fresh Fruit
*Milk or Water

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

Pasta & Cheese
+ White Beans
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