



Gan Yeladim

Lunch Menu

September  
2020

MON TUES WED THURS FRI



Sept. 21st	Tuna Salad Noodle Soup Cucumbers Fresh Fruit + Pita *Milk or Water	Lentil Sauce with Rice Carrots Fresh Fruit + Bread *Milk or Water	Veggie Meatballs with Pasta & Tomato Sauce Green Beans Fresh Fruit + Bread *Milk or Water	French Toast (contains egg) Cuc. Car. Tom. Applesauce *Milk or Water	Baked Salmon Quinoa + Couscous Ass't Peppers Fresh Fruit + Bread *Milk or Water	WEEK 1
August 31st & Sept. 28th	Cheese Pizza with Edemames Cuc. Car. Tom. Fresh Fruit *Milk or Water	Scrambled Eggs with Roasted Potatoes Cucumbers Fresh Fruit + Bread *Milk or Water	Veggie Kebobs with Rice Mixed Salad Fresh Fruit + Bread *Milk or Water	Bowtie Pasta with Buckwheat Peas + Carrots Fresh Fruit + Bread *Milk or Water	Falafels in a Pita Vegetable Barley Soup Let. Tom. Cuc. Fresh Fruit + Hummus *Milk or Water	WEEK 2
Closed Sept 28th						
Sept. 7th & Oct. 5th	Banana Buckwheat Pancakes + HB Eggs Cucumbers Applesauce *Milk or Water	Lemon Salmon with Rice Cuc. Car. Tom. Fresh Fruit + Bread *Milk or Water	Veggie Burgers Butternut Squash Soup Ass't Peppers Fresh Fruit + Bun *Milk or Water	Cheese Quiche Roasted Potatoes Carrots Fresh Fruit + Bread *Milk or Water	Rotini & Lentil Sauce with Cheese Green Beans Fresh Fruit + Bread *Milk or Water	WEEK 3
Closed Sept 7th						
Sept. 14th	Grilled Cheese Lentil Soup Cucumbers Fresh Fruit *Milk or Water	Vegetable Lasagna with Lentils Green Peas Fresh Fruit + Bread *Milk or Water	Veggie Nuggets with Rice Cuc. Car. Tom. Fresh Fruit + Bread *Milk or Water	Fish Sticks with Mashed Potatoes Corn + Carrots Fresh Fruit + Bread *Milk or Water	Pasta & Cheese with Bean Purée Tossed Salad 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  
for additives and preservatives



CULTURALLY DIVERSE MEALS  
globally inspired



DIETICIAN REVIEWED MENU



KOSHER MEAT AND DAIRY  
Cholov Yisroel



COMPLETELY NUT FREE



QUALITY, WHOLE FOODS  
Only whole grains



C.C.E.Y.A COMPLIANT



FOOD KIDS LOVE!  
full nutrition for healthy, growing kids



ALLERGY ALTERNATIVES



MENU VARIABILITY  
monthly rotations with seasonal features



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