



MON TUES WED THURS FRI



Dec 14th

Tuna Salad
Noodle Soup
Cucumbers
Fresh Fruit + Pita
*Milk or Water

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

Soy 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

Dec 21st

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

Scrambled Eggs
Roasted Potatoes
Cucumbers
Fresh Fruit + Bread
*Milk or Water

Veggie Strips
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

Dec 28th

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

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

Veggie Burger
Butternut Squash Soup
Ass't Peppers
Fresh Fruit + Bun
*Milk or Water

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

Lemon Salmon
with Rice
Cuc. Car. Tom.
Fresh Fruit + Bread
*Milk or Water

WEEK 3

Dec 7th
& Jan 4th

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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