



Gan Yeladim
Lunch Menu

March
2021



@AlphabetKidsInc

MON TUES WED THURS FRI 

Mar 8th
& April 5th

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

Mar 15th

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
Alfredo (Bean)
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

Mar 22nd

Pancakes
Hardboiled 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

Egg Salad + Matzo
Vegetable Soup
Fresh Vegetables
Fresh Fruit
*Milk or Water

WEEK 3

Kosher for Passover

Mar 29th

CLOSED
for
Passover

Baked Salmon
Mashed Potatoes
Fresh Vegetables
Fresh Fruit + Matzo
*Milk or Water

Scrambled Eggs
Roasted Potatoes
Fresh Vegetables
Fresh Fruit + Matzo
*Milk or Water

Tuna Salad + Matzo
Vegetable Soup
Fresh Vegetables
Fresh Fruit
*Milk or Water

CLOSED
for
Passover

WEEK 4

Kosher for Passover

Kosher for Passover

Kosher for Passover



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