



# Gan Yeladim Lunch Menu

## September 2021



@AlphabetKidsInc

# MON TUES WED THURS FRI



|           | MON  | TUES  | WED   | THURS   | FRI   |        |
|-----------|--|---|---|---|---|--------|
| Sept 20th | ABC Carrot Soup<br>Tuna Salad in a Pita<br>Cucumbers<br>Fresh Fruit<br>Milk or Water | Lentil Sauce with Rice<br>Carrots<br>Fresh Fruit + Bread<br>Milk or Water                       | Veggie Meatballs with Pasta & Tomato Sauce<br>Ass't Peppers<br>Fresh Fruit + Bread<br>Milk or Water | French Toast (contains egg)<br>Cuc. Car. Tom<br>Applesauce<br>Milk or Water                             | Baked Salmon<br>Quinoa + Couscous<br>Green Beans<br>Fresh Fruit + Bread<br>Milk or Water          | WEEK 1 |
|           |  |   | Infants: Peas   |   |   |        |
| Sept 27th | Cheese Pizza<br>Edemames<br>Cuc. Car. Tom.<br>Fresh Fruit<br>Milk or Water           | Scrambled Eggs<br>Roasted Potatoes<br>Cucumbers<br>Fresh Fruit + Bread<br>Milk or Water         | Chickpea Bites<br>Israeli Couscous<br>Mixed Salad<br>Fresh Fruit + Bread<br>Milk or Water           | *Vegetable Barley Soup<br>Falafals in a Pita<br>Let. Tom. Cuc.<br>Fresh Fruit + Hummus<br>Milk or Water | *Bowtie Pasta with Alfredo Sauce (Bean)<br>Peas + Carrots<br>Fresh Fruit + Bread<br>Milk or Water | WEEK 2 |
|           |  |   | Infants: Cuc. Tom.  |   | Infants: Cuc. Tom.  |        |
| Sept 6th  | Pancakes<br>Hardboiled Eggs<br>Cucumbers<br>Applesauce<br>Milk or Water              | Rotini & Tomato<br>Lentil Sauce + Cheese<br>Green Beans<br>Fresh Fruit + Bread<br>Milk or Water | Butternut Squash Soup<br>Veggie Burger<br>Ass't Peppers<br>Fresh Fruit + Bun<br>Milk or Water       | Cheese Quiche<br>Roasted Potatoes<br>Carrots<br>Fresh Fruit + Bread<br>Milk or Water                    | Lemon Salmon with Rice<br>Cuc. Car. Tom.<br>Fresh Fruit + Bread<br>Milk or Water                  | WEEK 3 |
|           |  | Infants: Peas   |   |   |   |        |
| Sept 13th | Lentil Soup<br>Grilled Cheese<br>Cucumbers<br>Fresh Fruit<br>Milk or Water           | Vegetable Lasagna with Lentils<br>Green Peas<br>Fresh Fruit + Bread<br>Milk or Water            | Veggie Nuggets with Rice<br>Cuc. Car. Tom.<br>Fresh Fruit + Bread<br>Milk or Water                  | Fish Sticks with Mashed Potatoes<br>Corn + Carrots<br>Fresh Fruit + Bread<br>Milk or Water              | Pasta & Cheese with Bean Purée<br>Tossed Salad<br>Fresh Fruit + Bread<br>Milk or Water            | WEEK 4 |
|           |  |   |   | Infants: Cuc. Tom.  |   |        |

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**
- KOSHER MEAT AND DAIRY**  
Cholov Yisroel
- C.C.E.Y.A COMPLIANT**
- BACKGROUND CHECKS**  
for additives and preservatives
- COMPLETELY NUT FREE**
- FOOD KIDS LOVE!**  
full nutrition for healthy, growing kids
- CULTURALLY DIVERSE MEALS**  
globally inspired
- QUALITY, WHOLE FOODS**  
Only whole grains
- ALLERGY ALTERNATIVES**
- DIETICIAN REVIEWED MENU**
- MENU VARIABILITY**  
monthly rotations with seasonal features