



Gan  
Yeladim

Lunch Menu

NOVEMBER  
2023



@AlphabetKidsInc  
#foodkidslove

MON

TUES

WED

THURS

FRI



Nov 13th

Tuna Salad  
Alphabet 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 Peas  
Fresh Fruit + Bread  
\*Milk or Water

French Toast  
(contains egg)  
Cuc. Car. Tom.  
Applesauce  
\*Milk or Water

Baked Salmon  
with Couscous  
Rainbow Peppers  
Fresh Fruit + Bread  
\*Milk or Water

WEEK 1

Nov 20th

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

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

Veggie Chicken  
with Rice  
Rainbow Peppers  
Fresh Fruit + Bread  
\*Milk or Water

Bowtie Pasta with  
Alfredo (w/Bean)  
Peas + Carrots  
Fresh Fruit + Bread  
\*Milk or Water

Falafels in a Pita  
Vegetable Barley Soup  
Tomato + Cucumber  
Fresh Fruit + Hummus  
\*Milk or Water

WEEK 2

Nov 27th

Pancakes  
Hardboiled Eggs  
Cucumbers  
Applesauce  
\*Milk or Water

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

Chickpea Burgers  
Butternut Squash Soup  
Rainbow Peppers  
Fresh Fruit + Pita  
\*Milk or Water

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

Soft Tacos  
Rice with Black Beans  
Cuc. Tom. Cheese  
Fresh Fruit  
\*Milk or Water

WEEK 3

Nov 6th

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  
Rainbow Peppers  
Fresh Fruit + Bread  
\*Milk or Water

WEEK 4

Ages 1 to 2 yrs: 3.25% milk | 2+ yrs: 2% milk | May be provided with each meal by the Centre and is Kosher (not Cholov Yisroel)



LOCALLY SOURCED FIRST



KOSHER MEAT AND DAIRY  
Cholov Yisroel

CCEYA

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



MENU VARIABILITY  
monthly rotations with seasonal features



DIETICIAN REVIEWED MENU



ALLERGY ALTERNATIVES

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