



Gan Yeladim

Lunch Menu



FEBRUARY 2024



@AlphabetKidsInc
#foodkidslove

MON TUES WED THURS FRI

Feb 5th

Tuna Salad
Alphabet Soup
Cucumbers
Fresh Fruit + Pita
*Milk and Water

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

Veggie Meatballs with
Pasta & Tomato Sauce
Green Peas
Fresh Fruit + Bread
*Milk and Water

French Toast
(contains egg)
Cuc. Car. Tom.
Applesauce
*Milk 2oz and Water

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

WEEK 1

Feb 12th

Cheese Pizza
with Edemames
Cuc. Car. Tom.
Fresh Fruit
Water

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

Chickpea Bites
with Pearl Couscous
Rainbow Peppers
Fresh Fruit + Bread
*Milk and Water

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

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

WEEK 2

Feb 19th

Pancakes
Hardboiled Eggs
Cucumbers
Applesauce
*Milk and Water

Rotini & Lentil
Sauce with Cheese
Green Peas
Fresh Fruit + Bread
*Milk 1.5oz and Water

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

Cheese Quiche
Roasted Potatoes
Carrots
Fresh Fruit + Bread
*Milk 2oz and Water

Taco Rice Casserole
w/ Bean + Cheese
Cuc. Tom + Pita
Fresh Fruit
*Milk 2oz and Water

WEEK 3

Feb 26th

Grilled Cheese
Lentil Soup
Cucumbers
Fresh Fruit
Water

Vegetable Lasagna
with Lentils
Green Peas
Fresh Fruit + Bread
Water

Veggie Nuggets
with Rice
Cuc. Car. Tom.
Fresh Fruit + Bread
*Milk and Water

Fish Sticks with
Mashed Potatoes
Corn + Carrots
Fresh Fruit + Bread
*Milk 2oz and Water

Pasta & Cheese
with Bean Purée
Rainbow Peppers
Fresh Fruit + Bread
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



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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