



Temple
Sinai

Lunch Menu

May & June
2022

MON

TUES

WED

THURS

FRI



May 30th
& June 27th

Tuna / Egg Salad
Carrot ABC Soup
Cucumbers
Fresh Fruit + Pita

Lentil Sauce
with Rice
Carrots
Fresh Fruit

Veggie Meatballs with
Pasta & Tomato Sauce
Green Beans
Fresh Fruit

French Toast
(contains egg)
Cuc. Car. Tom
Applesauce

Fish Sticks
Quinoa + Couscous
Ass't Peppers
Fresh Fruit

WEEK 1

Closed July 1st

May 9th
& June 6th

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

Scrambled Eggs
Roasted Potatoes
Cucumbers
Fresh Fruit

Chickpea Bites
with Pearl Couscous
Mixed Salad
Fresh Fruit

Bowtie Pasta with
Alfredo (Bean)
Peas + Carrots
Fresh Fruit

Falafels in a Pita
Vegetable Barley Soup
Let. Tom. Cuc.
Fresh Fruit + Hummus

WEEK 2

May 16th
& June 13th

Pancakes
Hardboiled Eggs
Cucumbers
Applesauce

Rotini & Lentil
Sauce with Cheese
Green Beans
Fresh Fruit

Chickpea Burger
Butternut Squash Soup
Ass't Peppers
Fresh Fruit + Pita

Cheese Quiche
Roasted Potatoes
Carrots
Fresh Fruit

Soft Taco
Beans with Rice
Let. Tom. Cheese
Fresh Fruit

WEEK 3

May 23rd
& June 20th

Grilled Cheese
Lentil Soup
Cucumbers
Fresh Fruit

Vegetable Lasagna
with Lentils
Green Peas
Fresh Fruit

Veggie Nuggets
with Rice
Cuc. Car. Tom.
Fresh Fruit

Fish Sticks with
Mashed Potatoes
Corn + Carrots
Fresh Fruit

Pasta & Cheese
with Bean Purée
Tossed Salad
Fresh Fruit

WEEK 4

Closed May 23rd



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

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

clientcare@alphabetkids.ca | 416.606.1074 | alphabetkids.ca

@AlphabetKidsInc

