



Temple Sinai

Lunch Menu

SEPTEMBER 2024



@AlphabetKidsInc
#foodkidslove

MON TUES WED THURS FRI 

Sept 16th

Vegetable Barley Soup
Falafels *in a Pita*
Tomato & Cucumber
Fresh Fruit + Hummus

Lentil Sauce
with Rice
Carrots
Fresh Fruit

Veggie Meatballs with
Pasta & Tomato Sauce
Green Peas
Fresh Fruit

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

Fish Sticks
with Roasted Potatoes
Rainbow Peppers
Fresh Fruit

WEEK 1

Sept 23rd

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

Scrambled Eggs
Roasted Potatoes
Cucumbers
Fresh Fruit

Chickpea Chowder
with Pearl Couscous
Rainbow Peppers
Fresh Fruit

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

Tuna Salad
Alphabet Soup
Cucumbers
Fresh Fruit + *Wrap*

WEEK 2

Sept 2nd

Rotini & Lentil
Sauce with Cheese
Green Peas
Fresh Fruit

Pancakes
Hard Boiled Eggs
Cucumbers
Applesauce

Chickpea Sliders
Broccoli Soup
Rainbow Peppers
Fresh Fruit + *Bun*

Fish Sticks with
Mashed Potatoes
Corn + Carrots
Fresh Fruit

Tacos *in a Pita*
Rice with Black Beans
Cuc. Tom. Cheese
Fresh Fruit

WEEK 3

Closed Sept 2nd

Sept 9th

Grilled Cheese
Lentil Soup
Cucumbers
Fresh Fruit

Pasta & Cheese
with Bean Purée
Green Peas
Fresh Fruit

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

Egg Salad
in a Wrap
Tossed Salad
Fresh Fruit

Fish Sticks
with Couscous
Rainbow Peppers
Fresh Fruit

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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