

Central Eglinton Children's Centre

Winter Menu 2018

Week 1

Toddlers, PS, Kind

Toddlers, Gluten, Vegetarian, No dairy, Halal, No Egg & No Seed, Fruit, No Sugar, No Soy, No Legumes Menu is reviewed annually by a registered dietitian-Next review Nov 2018

Early	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
AM Snack	Organic Autumn Wheat Cereal	Scrambled Eggs Eggs, milk, salt & pepper Wheat Grain Bread and Butter	Labaneh and Blueberry Puree Dip No dairy- Non dairy Cream Cheese	Plain Yoghurt, Homemade Granola, Honey (oats, cranberries, butter) No Sugar Substitute - Soya/Coconut Yoghurt	Homemade Trail Mix (Shreddies, Cheerios, Craisins, Banana Chips, Pretzels)
Milk Subs Rice Soy Lactose Free Milk encouraged 1st	Milk No dairy: Rice milk/Soy Milk	Substitute for egg – Avocado-Banana Pudding (Avocado, banana, cocoa, coconut milk, unsweetened chocolate, chia seed & honey)	Whole Wheat Tortillas		Marble Cheddar Cheese Substitute - Soya Cheese No Soy - Vegan Cheese
Every Meal: Milk and Water	Gala Apples	Cantaloupe	Bananas	Blackberries	Cucumber
Lunch	Easy Cheesy Spinach Pasta (Whole Wheat Pasta, Cream Cheese, Parmesan, milk, butter, spinach and carrots, pureed white beans) No dairy: red lentils, rice milk, olive oil Substitute: Egg free noodles	Golden Baked Lemon Haddock Fish Fillets (Panko, Butter, Lemon, Paprika) Veg: and Halal tofu with same topping No dairy - olive oil	Chicken Souvlaki (Chicken, marinated with Olive Oil, Lemon Juice, Garlic, Oregano, Greek Seasoning) Substitute Veg: & Halal Tofu Tenders - same coating	Spaghetti Bolognese (Extra lean beef, pumpkin puree, diced tomatoes, whole wheat, shredded carrots, spaghetti, red lentils Parmesan Cheese) Substitute: Egg free noodles Substitute for beef: lentils Substitute: No tomato sauce	Lentil Soup (Red Lentils, Spinach, Onion, Olive Oil, Organic Vegetable Stock), thyme, white vinegar
Milk Subs Rice Soy Lactose Free Milk encouraged 1st	Steamed Corn & Peas No Legumes - steamed carrots	Cous Cous Olive oil, lemon juice, dried cranberries, black beans, parmesan cheese No dairy - no cheese	Brown Rice Streamed Broccoli & Carrots	Orange Pepper & Celery	Cheddar Cheese & Hand Pulled Shredded Turkey Breast Sandwiches (Chicken Breast, mayo, veg stock), Vegetarian & Halal-Egg or Sunflower Butter on Quinoa Bread or Baguette
Every Meal: Milk and Water	Oranges	Red Pepper & Green Beans No Legumes - Cucumber	Tzatziki Sour cream, yoghurt, cucumber Substitute: Non-Dairy Sour Cream/cucumber	Golden Delicious Apples	Zucchini & Tomatoes
PM Snack	Soy Nut Butter & Homemade Berry Puree Substitute: No Soy - butter	Wholegrain Crackers	Tuna Spread (Tuna, Mayo, Vinegar, Lemon Juice) No Egg: subs for mayo - olive oil, vegan mayo.	Orange Pumpkin Loaf/ Mini Muffins (Hemp Hearts, Eggs, Whole Wheat Flour, Orange Juice, Pumpkin, Brown Sugar) Substitute for Egg: Banana or Apple sauce	Wholegrain Nachos Chips Toddlers - Pita bread
Milk Subs Rice Soy Lactose Free Milk encouraged 1st	Quinoa Bread Substitute: Egg/Seed Free Bread	Cheddar Cheese Cubes No dairy: Non Dairy cheese	Vegetarian: Sunflower Butter		Salsa (tomatoes, jalapeno peppers, onions, vinegar, garlic)
Every Meal: Milk and Water	Bananas	Cucumber	Whole Wheat Mini Pita	Honeydew Melon	Sour Cream Substitute: Non-Dairy Sour Cream
Late Snack	Cheese/Crackers Soya cheese) or leftover PM Snack	Cheese/Crackers Soya cheese) or leftover PM Snack	KG/SA - Pickles Todd & Pre - Cucumber		Baby Carrots Todd - Steamed Carrots
			Cheese/Crackers Soya cheese) or leftover PM Snack	Cheese/Crackers Soya cheese) or leftover PM Snack	Cheese/Crackers Soya cheese) or leftover PM Snack

Central Eglinton Children's Centre

Winter 2018 Week 2

Toddlers, PS, Kind

Toddlers, Gluten, Vegetarian, No dairy, Halal, No Egg & No Seed, Fruit, No Sugar, No Soy

Menu is reviewed annually by a registered dietitian-Next review Nov 2018

Early	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
AM Snack Milk Subs Rice Soy Lactose Free Milk encouraged 1st	Hot Oatmeal Water and Milk With Agave No dairy - Soy/Rice Milk Blueberries Green Apples	Homemade Whole Wheat Pumpkin Pancakes Eggs, Milk, Pumpkin, Whole Wheat Flour No Egg, No dairy - Soy/Rice Milk Unsweetened Apple Sauce	Rice Pudding (Arborio Rice, Milk, Organic Agave) No dairy - No dairy - Soy/Rice Milk Raspberry Puree Banana	Plain Yoghurt, Homemade Granola, Served with Honey (oats, cranberries, butter) No Sugar Substitute - Soya/Coconut Yoghurt Blueberries	Cranberry Höschi Kisses (Banana, dried cranberries, oats, hemp hearts, vanilla & vegetable oil) Raspberries
Every Meal: Milk and Water					
Lunch Milk Subs Rice Soy Lactose Free Milk encouraged 1st	Vegetable Lasagne (Pasta, Veggie Ground Round, Corn, Spinach, Shredded Carrots, Cottage Cheese, Cheddar Cheese) No dairy: Non-Dairy Cheese No Legumes - just vegetables & cheese Substitute: Egg free noodles Carrots and Cucumber Honeydew Melon	Cod Fish Nuggets (Bread Crumbs, Cod) Veg: tofu with same topping No Soy - Homemade chicken fingers Quinoa (Shredded carrots, onions, olive oil & vegetable stock, Black Beans Parmesan Cheese) Snow Peas and Orange Pepper No Legumes - cucumber Pears	Chicken Stir Fry (Chicken, corn, bean sprouts, shredded carrots, broccoli, snow peas, black beans) Substitute Vegetarian & Halal: Tofu Chow Mein Noodles Substitute: Rice Noodles Green Beans & Tomatoes No Legumes - zucchini Red Grapes	Hörnli Ufflauf (Pasta Shells, Lean Ground Beef, Diced Tomatoes, Leek, Red Lentils, Cheddar Cheese) Substitute Veg & Halal: Veggie Ground Round Substitute: Egg free pasta Broccoli & Carrots Golden Delicious Apples	Chicken Rice Soup (Chicken, Rice, Celery, Crushed Tomatoes & Spinach, Kidney Beans Substitute Veg: & Halal Beans & Rice Soup Havarti Cheese & Tuna Sandwiches on Quinoa Bread (Tuna, Mayo, Vinegar, Lemon Juice) No Egg: subs for mayo - olive oil, vegan mayo. No dairy & Vegetarian - Sunflower Butter/Veggie Cheese Tomato & Zucchini Pineapple
Every Meal: Milk and Water					
PM Snack Milk Subs Rice Soy Lactose Free Milk encouraged 1st	Sunflower Butter (rolls for Todd and Pre) Whole Wheat Tortilla Bananas	Homemade Trail Mix (Shreddies, Cheerios, Craisins, Banana Chips, Pretzels) Marble Cheddar Cheese Substitute - non dairy Cheese No Soy - Vegan Cheese Cucumber	Home-baked Apple Zucchini Loaf/ Mini Muffins (Apples, Zucchini, Cinnamon, Hemp Hearts, Eggs, Whole Wheat Flour) Substitute for Egg: Banana or Apple sauce Cantaloupe	Brown Rice Crackers Cheddar Carrot Spread (Cream cheese, cheddar cheese, shredded carrots) Substitute - Non Dairy Cheese, non- dairy cream cheese Red Pepper and Celery	Baked Vegetable Samosas (S/A & Kind) (potato, peas, spices) Mini Vegetable Empanadas (Pre-Kind) No Legumes No Soy: Chicken Samosas Chicken, potato and onion Sour Cream Dairy: Non-Dairy Cream Cheese Cucumber
Every Meal: Milk and Water					
Late Snack	Cheese/Crackers (Soya cheese) or leftover PM Snack	Cheese/Crackers (Soya cheese) or leftover PM Snack	Cheese/Crackers (Soya cheese) or leftover PM Snack	Cheese/Crackers (Soya cheese) or leftover PM Snack	Cheese/Crackers (Soya cheese) or leftover PM Snack