

Central Eglinton Children's Centre

Winter Menu 2019

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 Feb 2020

Early	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
AM Snack	Organic Autumn Wheat Cereal	Rice Pudding (Arborio Rice, Milk, Organic Agave) <b>No dairy: Soy/Rice Milk</b> No Syrup	Plain Yoghurt, Homemade Granola, Honey (oats, cranberries, butter) <b>No Sugar</b> <b>No Dairy: Soya/Coconut Yoghurt</b>	Scrambled Eggs Eggs, milk, salt & pepper <b>No Egg:</b> <b>Avocado-Banana Pudding</b> (Avocado, banana, cocoa, coconut milk, unsweetened chocolate, chia seed & honey)	Banana Berry Oatmeal Crunch (oats, berries, bananas, coconut milk, egg, cinnamon, coconut oil) <b>No Egg: Apple Sauce</b>
Milk Subs Rice Soy Lactose Free	Milk <b>No dairy: Rice milk/Soy Milk</b>	Strawberries	Blackberries	Wheat Grain Bread and Butter	Cantaloupe
<b>Every Meal: Water and Milk</b>	Apples			Sliced Tomatoes	
Lunch	Vegetarian Chili (red lentils, squash, zucchini, carrots, red beans, tomato sauce)  Home Made Corn Bread Corn meal, flour, eggs <b>No Egg: whole wheat bread</b>	Cod Fish Nuggets (Bread Crumbs, Cod) <b>Substitute: veggie crab cakes</b> Mashed Potatoes (sweet potatoes, butter, milk, white potatoes) <b>No dairy: Vegetable broth</b> Whole Grain Bread Rolls & Butter	Butter Chicken (chicken, spices, oil, onions, greek yoghurt, tomato sauce) <b>Veggie &amp; Halal: Veggie tenders</b> <b>No dairy: coconut yoghurt</b>	Korean Beef Stir Fry (ground beef, Soya Sauce, carrots, green onions, garlic, oil, cabbage) <b>Substitute Veggie: &amp; Halal: Veggie no-beef tips</b>	Italian Wedding Style Soup (turkey meat balls, orzo pasta basil, vegetable broth) Egg Salad & Marble Cheese on Quinoa Bread (Egg, Mayonnaise) <b>No dairy, Vegetarian, No Egg: Sunflower Butter/Veggie Cheese</b>
Milk Subs Rice Soy Lactose Free	<b>No Egg: whole wheat bread</b>	Whole Grain Bread Rolls & Butter	Basmati Rice	Egg Noddles <b>No Egg: Rice Noodles</b>	<b>No dairy, Vegetarian, No Egg: Sunflower Butter/Veggie Cheese</b>
<b>Every Meal: Water and Milk</b>	Oranges	Coleslaw (beets, cabbage, corn, vinegar, Greek yoghurt, olive oil) <b>No Dairy: omit yoghurt</b>	Mixed Beans	Streamed Broccoli & Carrots	Cucumber & Tomatoes Pineapple Alternate: Apples
		Pears	Golden Kiwi Alternate: Oranges	Grapes	
PM Snack	Homemade Trail Mix (Shreddies, Cheerios, Craisins, Coconut Chips, Low sodium Pretzels)	Whole Grain Pasta Salad (olives, sundried tomatoes, roasted peppers, feta cheese, cucumbers) <b>Substitute: Egg free noodles</b> <b>No dairy - vegan cheese</b>	Soy Nut Butter & Homemade Berry Puree <b>Substitute: No Soy - butter</b>	Orange Pumpkin Loaf/ Mini Muffins (Hemp Hearts, Eggs, Whole Wheat Flour, Orange Juice, Pumpkin, Brown Sugar) <b>Substitute for Egg: Banana or Apple sauce</b>	Tuna Spread (Tuna, Mayo, Vinegar, Lemon Juice) <b>No Egg: subs for mayo – olive oil, vegan mayo.</b>  <b>Vegetarian: Sunflower Butter</b>
Milk Subs Rice Soy Lactose Free	Mozzarella Cheddar Cheese <b>Substitute - Soya Cheese</b> <b>No Soy - Vegan Cheese</b>	Blueberries	Whole Wheat Bagels <b>Substitute: Egg Free Bread</b>		Whole Wheat Mini Pita
<b>Every Meal: Water and Milk</b>	Cucumber		Bananas	Apples	Orange Peppers and Celery
Late Snack	Cheese/Crackers <b>Soya cheese</b> ) or leftover PM Snack	Cheese/Crackers <b>Soya cheese</b> ) or leftover PM Snack	Cheese/Crackers <b>Soya cheese</b> ) or leftover PM Snack	Cheese/Crackers <b>Soya cheese</b> ) or leftover PM Snack	Cheese/Crackers <b>Soya cheese</b> ) or leftover PM Snack

Central Eglinton Children's Centre

Winter 2019 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 Feb 2020

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	Rice Cakes  Ricotta Cheese Spread (Ricotta, honey, cinnamon)  No dairy: Non-dairy cheese	Homemade Banana Blueberry Cake (whole wheat flour, brown sugar, hemp seeds, vegetable oil, blueberries, bananas)	Hard Boiled Eggs No Egg: Avocado Pudding - avocado, banana, cocoa powder, agave, rice milk No dairy - Soy/Rice Milk	Homemade Cinnamon Tortilla Crisps (Tortillas, cinnamon, coconut oil)  with Unsweetened apple sauce with Hemp sprinkles	Overnight Apple Oats (apples, oats, yoghurt, milk,) No dairy: Soya/Coconut yoghurt
Every Meal: Water and Milk	Apples	Strawberries	Whole Wheat English Muffins/ Butter  Cherry Tomatoes		Bananas
Lunch Milk Subs Rice Soy Lactose Free	Rigatoni Alfredo (milk, flour, butter, cheese, peas, white beans, whole wheat pasta) No Dairy: vegan cream cheese Oranges	Golden Baked Lemon Haddock Fish Fillets (Panko, Butter, Lemon, Paprika) Veggie 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	Meat Lasagne (Pasta, Ground Beef, Corn, Spinach, Shredded Carrots, Cottage Cheese, Cheddar Cheese) No dairy: Non-Dairy Cheese Substitute: Egg free noodles No Soy - Vegan Cheese Veggie and Halal: Lentils with same filling	Chicken Rice Soup (Chicken, Rice, Celery, Crushed Tomatoes & Spinach, Kidney Beans) Substitute Veg: & Halal -no chicken 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
Every Meal: Water and Milk	Cucumber and Carrots  Oranges	Whole Grain Orzo Pasta Olive oil, vinegar, peas, corn, carrots Substitute: Egg free noodles	Wild Rice  Broccoli and carrots Tzatziki Sour cream, yoghurt, cucumber Substitute: Non-Dairy Sour Cream/cucumber	Green Salad (Lettuce, Cucumber, Tomato, Homemade vinaigrette)  Green Grapes	Tomato & Baby Spinach  Pineapple Alternate: Apples
PM Snack Milk Subs Rice Soy Lactose Free	Whole Grain crackers Homemade Hummus (chickpeas, olive oil, garlic, lemon juice) No legumes: sweet potatoes	Whole Wheat Tortilla wraps with cream cheese No Dairy: Vegan cheese spread Dried Cranberries	Plain Yoghurt, Homemade Granola, Served with Honey (oats, cranberries, butter, mixed dried fruit, hemp seeds) No Sugar Substitute - Soya/Coconut Yoghurt Blueberries	Labenah Whole Wheat Pita No dairy: Non-Dairy Cheese Homemade Raspberry Puree  Oranges	Phillipino Pancit (Egg noodles, carrots, cabbage, snowpeas, soya sauce)  Red Peppers
Every Meal: Water and Milk	Red Peppers and Carrots	Celery			
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

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Winter 2019 Week 3

Toddlers, PS, Kind

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Early	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk	Cereal & Milk
AM Snack	Hot Oatmeal Water and Milk With Agave	Baked Pancakes (Quinoa, flour, milk, eggs)	Homemade Pumpkin Breakfast Bars (oats, honey, cranberries, hempseeds, pumpkin seeds, pumpkin puree)	Plain Yoghurt, Homemade Granola, Served with Honey (oats, cranberries, butter, mixed dried fruit, hemp seeds) No Sugar No dairy: Soya/Coconut Yoghurt	Gingerbread Breakfast Quinoa (Quinoa, oats, honey, water, cinnamon, molasses ginger, vanilla, milk) No dairy: Soya/Rice Milk
Milk Subs Rice Soy Lactose Free	No dairy - Soya/Rice Milk	Peaches	Mango Alternate: Apples	Blueberries	Cantaloupe
Every Meal: Water and Milk					
Lunch	Homemade Tomato Sauce with Manicotti (Onion, shredded carrots, red lentils, tomatoes, Italian seasoning, ricotta, spinach) No dairy: rotini with same sauce Substitute: Egg free noodles	Teriyaki Salmon (Soya sauce, Worcestershire sauce, honey, garlic) Substitute Vegetarian & Halal: crispy golden no-fish filets	Chicken Stir Fry (Chicken, corn, bean sprouts, shredded carrots, broccoli) Substitute Vegetarian & Halal: chicken tenders	Roast Beef Veggie and Halal: Non-beef tips Mashed Potatoes (yellow potatoes, sweet potatoes, milk, butter) No dairy: vegetable stock Whole Grain Bread Rolls Steamed broccoli and corn	Minestrone Soup (Kidney Beans, Corn, whole grain Pasta, Celery, Peas & Carrots, low sodium Organic Vegetable Stock) Substitute: Egg Free Pasta Marble Cheese and Hand Pulled Shredded Turkey Breast Sandwiches (Turkey Breast, mayo, veg stock), Vegetarian & Halal and No dairy - Sunflower Butter on Quinoa Bread Tomato & Cucumber
Milk Subs Rice Soy Lactose Free		Brown Rice	Chow Mein Noodles Substitute: Rice Noodles	Vegetable Gravy (butter, flour, low sodium vegetable broth)	Honeydew Melon
Every Meal: Water and Milk	Cucumber & Red Peppers	Spinach Salad (Mandarin Oranges, sunflower seeds)	Snow Peas and Yellow Peppers	Golden Kiwi Alternate: Apples	
	Pears	Apples	Grapes		
PM Snack	Whole Grain Tortilla chips (low sodium) Salsa Sour cream No dairy - Soya cheese	Boiled eggs Wheat Grain Bread and Butter No Egg: Avocado Pudding - avocado, banana, cocoa powder, agave, rice milk No dairy - Soya/Rice Milk	Homemade Trail Mix (Shreddies, Cheerios, Craisins, coconut Chips, low sodium Pretzels) Marble Cheese Substitute - Soya Cheese No Soy - Vegan Cheese	Seaweed Squares White Rice vinegar Julienne Cucumbers and Carrots Low Sodium Soya Sauce	Baked Spanakopita (Spinach, feta cheese, phyllo pastry.) No Soy, No dairy: Chicken Samosas (Chicken, potato and onion) Cucumber Mint Kefir (Mint leaves) No dairy- non-dairy cheese dip
Milk Subs Rice Soy Lactose Free		Beets	Pears		
Every Meal: Water and Milk					
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