

Central Eglinton Children's Centre

Fall Menu 2025

WEEK 1 Sep 1- 5

WEEK 2 Sep 8 - 12

WEEK 1 Sep 15 - 19

WEEK 2 Sep 22 - 26

WEEK 1 Sep 29 - Oct 3

WEEK 2 Oct 6 - 10

WEEK 1 Oct 13 - 17

WEEK 2 Oct 20 - 24

WEEK 1 Oct 27 - 31

WEEK 2 Nov 3 - 7

Central Eglint on Children's Centre

Fall Menu 2025

Week 1

Toddlers, PS,

Toddlers, Gluten, Vegetarian, No dairy, Halal, No Egg No Seed, Fruit, No Sugar, No Soy Other restrictions Menu is reviewed annually by a registered dietician. Next Review: Dec/2025

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	Korean Egg Roll (egg, milk) No Egg: Tofu No dairy: Non dairy milk Whole Wheat Bread Rye Bread Gluten free : Gluten free tortillas Fuji Apple	Whole Wheat English Muffins Gluten free : Gluten free bread Whipped Cheese Spread (cottage cheese, apple, cinnamon) No dairy: Non dairy cream cheese Plums	Greek Yogurt with Homemade Granola (oat, pumpkin seed, sunflower seed, shredded coconut, coconut oil, agave) No dairy: Coconut yogurt Gluten free : Gluten free oat Raspberries	Pumpkin Pancakes (flour, oil, water, pumpkin puree) No Egg: Bob's Mill Gluten free egg replacer Gluten/Oat Free: gluten free flour Banana Sliced grapes	Harvest Bread Pudding (apple, pear, rice milk, chia seeds, honey, egg) No dairy: Non dairy milk No Egg: Bob's Mill Gluten free egg replacer Gluten free : Gluten free bread Blueberries
Every Meal: Water and Milk					
Lunch					
Milk Subs Rice Soy Lactose Free	Penne with Lentil Tomato Sauce (onion, crushed tomato, red lentil, veggie broth, greek seasoning) Spinach & Steamed Baby Carrots Honeydew Melon	Creamy Chicken (chicken, mushroom sauce, onion veggie broth, flour, milk, green onion) Vegetarian: chicken strip No dairy: Non dairy milk Chow Mein Steamed Broccoli & Orange Peppers Strawberries	Golden Baked Lemon Haddock Fish Fillets (Haddock fish filets, lemon, panko, paprika) Vegetarian: Tofe Quinoa salad (Quinoa, Feta cheese Green onions, cucumber, Parsley, Baby Tomatoes) Snap Peas & Yellow Peppers Sliced Grapes	Meat Loaf (ground beef, onions, egg, breadcrumbs, oregano, milk, Italian seasoning) Vegetarian: veggie ground round Mashed Sweet Potatoes Snow Peas and Carrots Steamed carrots for toddler Pears	Ginger Carrot Soup (Carrot, Celery, Ginger, Turmeric, Coconut Milk, Onion) Tuna Salad and Cheddar cheese sandwiches on whole wheat bread No dairy, Vegetarian, Veggie Cheese & Sunflower Butter Sandwich Bun Cucumber & Sliced Tomatoes Pineapples Sliced grapes
Every Meal: Water and Milk					
PM Snack					
PM Snack Milk Subs Rice Soy Lactose Free	Trail Mix (unsalted whole grain pretzels, cheddar crackers, freeze dried strawberries, cheerios, plantain chips) Coconut chips for junior Gluten/Oat Free: gluten free pretzels, made good crackers, rice cereal Marble Cheese No dairy: Non dairy cheese, non dairy crackers Edamame Juniors: peeled Edamame	Italian Seasoned Tortilla Crips (tortilla, butter, Italian seasoning) Gluten free : Gluten free oats Hummus Dip Apples	Seaweed Squares White Rice (Rice vinegar/sticky rice) Cheese Sticks and Carrots No dairy: Non dairy cheese	Mediterranean Orzo Salad (Orzo, sundried tomatoes, roasted peppers, sliced olives, chickpeas, cucumber on Greek Vinaigrette) Gluten free : Gluten free penne Oranges	Apple Cinnamon Cake No Egg: apple sauce Gluten/Oat Free: quinoa, coconut butter (whole wheat flour, apple juice, egg, oil, applesauce, shredded apple, baking powder) Cantaloupe
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

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Fall Menu 2025

Week 2

Toddlers, PS,

Toddlers, Gluten, Vegetarian, No dairy, Halal, No Egg & No Seed, Fruit, No Sugar, No Soy, Other restrictions Menu is reviewed annually by a registered dietician. Next Review: Dec/2025

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	No-Bake Prune Cookies (oats, coconut, prune, butter, ricemilk) Oranges Apples	Homemade Cinnamon Crips (tortilla, cinnamon, oil, agave) Gluten/Oat Free: gluten free tortilla Gala Apples	Homemade Apple Butter (apple, cinnamon) Whole Wheat Bagels One Bun Gluten free: Gluten free bagels Bananas Pears	Frittata (eggs, milk,cheese, spinach, bell pepper,) No dairy: Non dairy milk/cheese Whole Wheat Bread One Bun Gluten free: Gluten free bread Blackberries	Fruit Crumble (assorted berries, cornstarch, Cinnamon, Hemp seed, Butter, oat) Greek Yogurt
Every Meal: Water and Milk					
Lunch Milk Subs Rice Soy Lactose Free	Gnocchi in Alfredo Sauce (flour, butter, milk, white beans, butter squash) No dairy: Non dairy cheese Steamed Carrots and Edamame Honeydew Melon	Chicken Curry (chicken, diced tomato, onion, carrot, potato,curry spice, butter) Vegetarian: veggie tender Naan Cucumber and Tomato Salad (cucumber, tomato, feta cheese, vinaigrette) No Dairy: omit yoghurt Strawberries	Teriyaki Salmon (soya sauce,ginger,garlic,honey) Veggie: tofu Wild Brown Rice mix (wild rice, brown rice, veggie broth) Steamed Broccoli and Red Peppers Pears	Korean Beef Bulgogi (carrots,cabbage,green onion,soya sauce,garlic,ginger,bok choy) Veggie: Veggie Vegan Tofu Strips Bastmati Rice Snap Peas & Orange Peppers Clementines Sliced Grapes	Rotini with Tomato Sauce (pureed onion, white beans, crushed tomato, red lentil, veggie broth) Steamed Veggie Medley broccoli,cauliflower,carrots,green beans Sliced Grapes
Every Meal: Water and Milk					
PM Snack Milk Subs Rice Soy Lactose Free	Tuna Salad (tuna,mayonnaise, lemon juice) Vegetarian: Cheese Cubes Vegan mayo Pita Crisps Gluten/Oat Free: gluten free cracker Pickle & Beet Root	3-Bean Salad (Kidney beans, lima beans, black beans, Chickpeas, black paper, orange juice, avocado oil) Corn Chips	Greek Yogurt No dairy: Non dairy yogurt Homemade granola (oat, pumpkin seeds, sunflower seeds, shredded coconut, coconut oil, agave, hemp seeds, vanilla) Gluten free : gluten free oat, hemp seeds, coconut chips, cranberries Peach Puree	Mini Pita Gluten/Oat Free: gluten free cracker Sunbutter Banana Apple	Orange Yogurt Loaf (Flour, eggs, sugar, oil, baking , orange peel and essence, powder,orange juice) No Egg: apple sauce Gluten/Oat Free: quinoa, coconut butter Cantaloupe
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

