

## **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 Eglinton Children's Centre**
**Fall Menu 2025**
**Week 1**
**Kindergarten/School Age**

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
<b>AM Snack</b> Milk Subs <b>Rice</b> <b>Soy</b> <b>Lactose Free</b>	<b>Korean Egg Roll</b> (egg, milk) <b>No Egg: Tofu</b> <b>No dairy: Non dairy milk</b>  <b>Whole Wheat Bread</b>  <b>Rye Bread</b> <b>Gluten free : Gluten free tortillas</b>  <b>Fuji Apple</b>	<b>Whole Wheat English Muffins</b> <b>Gluten free : Gluten free bread</b>  <b>Whipped Cheese Spread</b> (cottage cheese, apple, cinnamon) <b>No dairy: Non dairy cream cheese</b>  <b>Plums</b>	<b>Greek Yogurt with</b> <b>Homemade Granola</b> (oat, pumpkin seed, sunflower seed, shredded coconut, coconut oil, agave) <b>No dairy: Coconut yogurt</b> <b>Gluten free : Gluten free oat</b>  <b>Raspberries</b>	<b>Pumpkin Pancakes</b> (flour, oil, water, pumpkin puree) <b>No Egg: Bob's Mill Gluten free egg replacer</b> <b>Gluten/Oat Free: gluten free flour</b>  <b>Banana</b> <b>Sliced grapes</b>	<b>Harvest Bread Pudding</b> (apple, pear, rice milk, chia seeds, honey, egg) <b>No dairy: Non dairy milk</b> <b>No Egg: Bob's Mill Gluten free egg replacer</b> <b>Gluten free : Gluten free bread</b>  <b>Blueberries</b>
<b>Every Meal: Water and Milk</b>					
<b>PM Snack</b> Milk Subs <b>Rice</b> <b>Soy</b> <b>Lactose Free</b>	<b>Trail Mix</b> (unsalted whole grain pretzels, cheddar crackers, freeze dried strawberries, cheerios, plantain chips) <b>Coconut chips for Junior</b> <b>Gluten/Oat Free: gluten free pretzels, made good crackers, rice cereal</b> <b>Marble Cheese</b> <b>No dairy: Non dairy cheese, non dairy crackers</b>  <b>Edamame</b> <b>Juniors: peeled Edamame</b>	<b>Italian Seasoned Tortilla Crips</b>  (tortilla, butter, Italian Seasoning)  <b>Gluten free: Gluten free oat</b>  <b>Hummus Dip</b>  <b>Apples</b>	<b>Seaweed Squares</b>  <b>White Rice</b> (Rice vinegar/sticky rice)  <b>Cheese Sticks and Carrots</b> <b>No dairy: Non dairy cheese</b>	<b>Mediterranean Orzo Salad</b> (Orzo, sundried tomatoes , roasted peppers, sliced olives, chickpeas, cucumber on Greek Vinegarette) <b>Gluten free : Gluten free penne</b>  <b>Oranges</b>	<b>Apple Cinnamon Cake</b>  <b>No Egg: apple sauce</b> <b>Gluten/Oat Free: quinoa, coconut butter</b>  (whole wheat flour, apple juice, egg, oil, applesauce, shredded apples ,baking powder)  <b>Cantaloupe</b>
<b>Every Meal: Water and Milk</b>					
<b>Late Snack</b>	<b>Cheese/Crackers <b>Soya cheese</b>) or leftover PM Snack</b>	<b>Cheese/Crackers <b>Soya cheese</b>) or leftover PM Snack</b>	<b>Cheese/Crackers <b>Soya cheese</b>) or leftover PM Snack</b>	<b>Cheese/Crackers <b>Soya cheese</b>) or leftover PM Snack</b>	<b>Cheese/Crackers <b>Soya cheese</b>) or leftover PM Snack</b>

**Central Eglinton Children's Centre**
**Fall Menu 2025**
**Week 2**
**Kindergarten/School Age**

**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
<b>AM Snack</b> Milk Subs Rice Soy Lactose Free	No-Bake Prune Cookies (oats, coconut, prune, butter, ricemilk)  <b>Oranges</b> Apples	Homemade Cinnamon Crips (tortilla, cinnamon, oil, agave) Gluten/Oat Free: gluten free tortilla  Gala Apples	Homemade Apple Butter (apple, cinnamon) <b>Whole Wheat Bagels</b> One Bun Gluten free : Gluten free bagels  Bananas Pears	Frittata (eggs, milk,cheese, spinach, bell pepper,) No dairy: Non dairy milk/cheese  <b>Whole Wheat Bread</b> One Bun Gluten free : Gluten free bread  Blackberries	Fruit Crumble (assorted berries, cornstarch, Cinnamon, Hemp seed, Butter, oat)  Greek Yogurt
<b>Every Meal:</b> <b>Water and Milk</b>					
<b>PM Snack</b> 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	3-Bean Salad (Kidney beans, lima beans, black beans, chickpeas, black pepper, orange juice, avocado oil)  Corn Chips	Greek Yogurt No dairy: Non dairy yogurt <b>Homemade granola</b> (oat, pumpkin seed, sunflower seeds, shredded coconut, coconut oil, agave, hemp seed, vanilla) Gluten free : gluten free oats, hemp seeds, coconut chips, cranberries	Mini Pita Gluten/Oat Free: gluten free crackers  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
<b>Every Meal:</b> <b>Water and Milk</b>	Pickle & Beet Root		Peach Puree		Cantaloupe
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