



# GAN EDEN

The American-Israeli Preschool in Manhattan  
131 West 86<sup>th</sup> Street  
New York, NY 10024

---

## CHILDREN MENU

The children's menu is nutritious and well adjusted to the children's growth and developmental needs. Each launch meal contains one portion of protein (fish/meat/chicken), one portion of carbohydrate (rice/potato/pasta) one portion of steamed vegetables and one portion of fresh salad. The menu varies from day to day and arrives fresh from a kosher supervised catering.

We do not provide sausages, coke or preserved/canned foods. We also do not use food coloring or monosodium glutamate.

### **Breakfast**

Cereals, milk  
Whole-wheat / 12 Grain bread with Cream  
Fresh rolls baked on premises  
Israeli salad  
Boiled eggs/ Israeli shakshuka / omelet  
Tuna salad  
Pancakes  
Yogurt

### **Lunch Menu - variety Samples**

Roasted Chicken  
Wild Rice  
Cut Up Israeli Salad  
Israeli couscous  
knishes  
Meatballs in Marinara Sauce  
Grilled/Steamed vegetables  
Bowtie Pasta  
Fish  
Chicken Nuggets  
Mini Potato Puffs

### **Afternoon Snacks**

Fruit  
Sandwiches  
Crackers  
Juice/ tea /water

