



Sim'cha Childcare Home Facility

126 South Orange Dr, Los Angeles, CA 90036
 Phone: (323) 938-3223 / (213) 760-1152; Fax: (626) 270-4389

Facility #197417650

Daily Menus (sample)

School Year 2011-2012

Breakfast

- **Monday** - Oatmeal kasha & milk
- **Tuesday** - Cereal & milk
- **Wednesday** - Buckwheat kasha & milk
- **Thursday** - Cottage cheese / yogurt
- **Friday** - Scrambled eggs or hash brown potatoes

Lunch (including bread and water/juice)

- **Monday** – Veggie soup & pasta with meatballs OR cheese
- **Tuesday** - Chicken & vegetables (steamed, cooked, or sautéed)
- **Wednesday** – Veggie borscht, meat and mashed Potatoes
- **Thursday** – Turkey/beef cutlets (or stew), brown rice
- **Friday** – Chicken soup, chicken & potato/lokshen/zucchini kugel

Snacks

Morning*

- Fresh/raw fruits and veggies (brought from home – no hard veggies, please)
- Water/juice/milk (provided by facility)

Afternoon*

- Fresh/raw fruits and veggies (brought from home – no hard veggies, please)
- Crackers/Pretzels (provided by facility)
- Water/juice/compote (provided by facility)

* Fresh apples, cucumbers, and/or cooked carrots will be available and offered at all snack times.