

TWS CHILDCARE THREE WEEK MENU – WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Red Lentil Soup Red lentils, onion, parsley, carrots, leek, garlic</p> <p>Salad Romaine Lettuce, mixed greens, oranges, olive oil, lime juice, honey, salt, parsley</p> <p>Yogurt/ Dairy Free Yogurt</p> <p>Spelt Bread & Butter</p> <p>Apples and Pears</p>	<p>Spelt Pizza Spelt flour, yeast, tomato sauce, onion, sea salt, cheese/ vegan cheese</p> <p>Veggies & Dip Cherry Tomatoes, Cucumber, Carrot Sticks with Ranch Dip</p> <p>Hard boiled eggs/ chickpeas</p> <p>Apples and Pears</p>	<p>Asian Noodles with Vegetable Stir-Fry Asian rice noodles (GF available), carrots, kale, broccoli, chickpeas, Pinto beans, Tamari (GF) honey, garlic, salt</p> <p>Cucumber Salad parsley, lemon juice, olive oil, salt, honey, oregano</p> <p>Apples and pears</p>	<p>Vegetable Paella with Brown Rice Olive oil, onion, carrot, broccoli, celery, salt, garlic, paprika, tomato, brown rice, chickpeas, lentils, vegetable broth, parsley, lemon juice</p> <p>Yogurt/ Dairy Free Yogurt</p> <p>Salad Romaine lettuce, mixed greens, pears, sunflower seeds, olive oil, apple cider vinegar, thyme, garlic, salt, honey</p> <p>Apples and pears</p>	<p>Butternut Mac & Cheese Rice pasta, butternut squash, Parsley, cream (rice/coconut milk), salt, pureed butternut, cheese/ vegan cheese</p> <p>Adzuki beans</p> <p>Salad Romaine lettuce, mixed greens, cranberry, pumpkin seed, balsamic, applesauce, olive oil, honey, oregano, salt, parsley</p> <p>Apples and pears</p>

TWS CHILDCARE THREE WEEK MENU – WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>White Bean Chili Soup Garlic, onion, carrot, celery, parsley, vegetable broth, olive oil, navy beans, leeks, oregano, bay leaf, salt</p> <p>Salad Romaine lettuce, mixed greens, grated carrot, raisins, apple cider vinegar, applesauce, oregano, parsley, honey, garlic, salt</p> <p>Yogurt/Dairy Free Yogurt</p> <p>Spelt Bread & Butter</p> <p>Apples and Pears</p>	<p>Bean and Cheese/ Vegan Cheese Quesadilla Pinto beans, carrot, celery, olive oil, onion, garlic, basil, oregano, gluten free wraps</p> <p>Salad Romaine lettuce, mixed greens, cucumber, lemon, olive oil, honey, parsley, garlic, salt</p> <p>Apples and pears</p>	<p>Gypsy Soup Sweet potato, chickpeas, celery, kale, onion, garlic, olive oil, turmeric, basil, cinnamon, bay leaf, tamari (GF) cheese/ vegan cheese</p> <p>Salad Romaine lettuce, green beans, lemon, olive oil, parsley, salt, honey</p> <p>Spelt Bread & Butter</p> <p>Apples and pears</p>	<p>Vegetable and Lentil Fried Rice Olive oil, onion, carrots, broccoli, cabbage, cauliflower, ginger, garlic, spinach, green onion, tamari (GF)</p> <p>Hard Boiled Eggs/ Chickpeas</p> <p>Salad Romaine mixed greens, raisins, sunflower seeds, olive oil, apple sauce, honey, apple cider vinegar, oregano, garlic</p> <p>Apples and Pears</p>	<p>Rice Pasta with Tomato Vegetable Bolognese Zucchini, cauliflower, carrot, onion, garlic, tomato sauce, salt, oregano, basil grated cheese/ vegan cheese</p> <p>Salad Tomato, cucumber, basil, olive oil, balsamic, salt, honey</p> <p>Apples and pears</p>

TWS CHILDCARE THREE WEEK MENU – WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Vegetable Noodle Soup Onion, carrot, celery, butternut, turnip, kale, lentils, olive oil, vegetable stock, parsley, oregano, thyme, salt</p> <p>Salad Romaine lettuce, spinach, oranges, pumpkin seed, apple cider vinegar, olive oil, honey, applesauce, thyme, salt, garlic</p> <p>Yogurt/Dairy Free Yogurt</p> <p>Spelt Bread & Butter</p> <p>Apples and pears</p>	<p>Spelt Pizza with Cheese/ Vegan Cheese</p> <p>Salad Romaine lettuce, mixed greens, cherry tomato, grated carrot, olive oil, balsamic, basil, honey, salt</p> <p>Hard Boiled Eggs/ Chickpeas</p> <p>Apples and pears</p>	<p>Butternut Squash Soup</p> <p>Hard Boiled Eggs/ Chickpeas</p> <p>Beet Salad with Pears Apple cider vinegar, apple sauce, olive oil, oregano, parsley, salt, honey</p> <p>Yogurt/Dairy Free Yogurt</p> <p>Spelt Bread & Butter</p> <p>Apples and pears</p>	<p>Tex-Mex Rice Pilaf Rice, salt, black beans, corn, onion, broccoli, cauliflower, carrot, sweet potato, cumin, lime</p> <p>Yogurt/Dairy Free Yogurt</p> <p>Cheese/Vegan Cheese</p> <p>Cucumber Salad Parsley, lemon juice, olive oil, salt, honey, oregano</p> <p>Apples and pears</p>	<p>Cauliflower and Butternut Alfredo with Rice Noodles Rice noodles, cream/ whole milk/ rice/ coconut milk, salt, cauliflower, butternut, Grated cheese/ vegan cheese</p> <p>Cucumber Salad parsley, Lemon juice, olive oil, salt, honey</p> <p>Steamed Broccoli Spears</p> <p>Hard Boiled Eggs/ Chickpeas</p> <p>Apples and pears</p>

Weekly Child Care PM Snack Menu

** please note that we prepare and serve morning snacks to children in class as part of our programming.*

Morning Snack Menus are posted by the classroom door. If you want a digital copy, please make a request to your classroom teacher.

Food substitution are only offered for the children with dietary restrictions and allergies/medical conditions, and not for children's preferences.

Monday	Rice crackers with hummus and cucumber
Tuesday	Cheese and crackers with orange wedges
Wednesday	Apple sauce and granola
Thursday	Mini bagels with cream cheese and banana
Friday	Oatmeal superfood bars with melon