

Toronto Waldorf School Child Care

WINTER MENU 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p>ROASTED TOMATO SOUP Tomatoes, carrots, celery, leeks, onions, garlic, vegetable broth, bay leaf, thyme, basil, oil, salt & pepper</p> <p>GRILLED CHEESE ON SOUR DOUGH (DF/GF available)</p> <p>VEGETABLE STICKS</p> <p>FRESH FRUIT</p>	<p>SPELT PIZZA WITH VEGETABLE SAUSAGE CRUMBLE & BROCCOLI (GF/DF available)</p> <p>HARD BOILED EGGS (chickpea sub available)</p> <p>CUCUMBER & TOMATO SALAD Green onions, basil, garlic, parsley, balsamic vinegar, olive oil, salt & pepper</p> <p>FRESH FRUIT</p>	<p>TERIYAKKI & VEGETABLE NOODLE STIR-FRY Rice noodles, carrots, boy choy, peppers, green onion, garlic, peas, edamame, broccoli, soy sauce, brown sugar, ginger</p> <p>CAESAR SALAD WITH CROUTONS (GF)</p> <p>FRESH FRUIT</p>	<p>VEGETABLE FRIED RICE & EGG STRIPS Brown rice, onions, carrots, garlic, celery, carrots, peas, corn, spinach, sweet potatoes, broccoli, zucchini, peppers, tamari, olive oil</p> <p>YOGURT (DF available)</p> <p>FRUIT SALAD</p>	<p>ALFRADO PASTA Rice pasta, cauliflower, onions, ½ cream, coconut milk, vegetable stock, salt & peppers</p> <p>CHEESE (DF/GF available)</p> <p>ROMAINE SALAD Romaine lettuce, apples, carrots, cranberries, olive oil, apple cider vinegar, honey, thyme</p> <p>FRESH SALAD</p>
WEEK 2	<p>RED LENTIL SOUP Red lentils, onions, parsley, carrots, leeks, celery, kale, vegetable stock, garlic, parsley, salt & pepper</p> <p>SPELT BREAD & BUTTER (DF/GF available)</p> <p>GREEN SALAD WITH MANDARIN & STRAWBERRY Mandarins, strawberries, lettuce, balsamic, olive oil, salt & pepper</p> <p>FRESH FRUIT</p>	<p>VEGETABLE CHILLI Diced tomatoes, chilli, kidney beans, peppers, kale, zucchini, vegetable stock, garlic, olive oil, cumin, oregano, salt & pepper</p> <p>GARLIC BREAD & CHEESE (DF/GF available)</p> <p>BASMATI RICE</p> <p>FRESH FRUIT</p>	<p>VEGETABLE PAD THAI WITH EGG STRIPS Rice noodles, carrots, green onions, edamame, chickpeas, peppers, olive oil, garlic, tamari honey, lemon juice</p> <p>MANGO LENTIL SALAD Mangoes, green onions, garlic, parsley, lemon juice, olive oil, salt & pepper</p> <p>FRESH FRUIT</p>	<p>DAHL LENTIL WITH BASMATI RICE Brown rice, lentils, chopped tomatoes, ginger, turmeric, garam masala, sweet potatoes, green beans, bay leaf, olive oil</p> <p>YOGURT (DF available)</p> <p>FRUIT SALAD</p>	<p>RICE PASTA WITH TOMATO VEGETABLE SAUCE Carrots, onions, celery, spinach, kale, basil, garlic, marinara sauce, salt & pepper</p> <p>CHEESE (DF/GF available)</p> <p>VEGETABLE STICKS</p> <p>FRESH FRUIT</p>
WEEK 3	<p>GYPSY SOUP WITH SPELT BREAD & BUTTER (DF/GF available) Sweet potatoes, chickpeas, celery, kale, onions, garlic, olive oil, turmeric, basil, cinnamon, bay leaf, tamari</p> <p>GREEN SALAD Edamame, cucumbers, green onions, olive oil, honey, balsamic, salt & pepper</p> <p>FRESH FRUIT</p>	<p>SPELT PIZZA WITH SWEETCORN AND PEPPERS (GF/DF available)</p> <p>EGGS/CHICKPEAD</p> <p>VEGETABLE STICKS</p> <p>FRESH FRUIT</p>	<p>ORANGE & GINGER NOODLES Rice noodles, boy choy, peppers, black beans, celery, carrots, green onions, orange juice, soy sauce, olive oil, honey, ginger, garlic, salt & pepper</p> <p>ROMAINE SALAD WITH MANDARIN & STRAWBERRY Romaine lettuce, mandarins, strawberries, thyme, apple cider vinegar, olive oil, honey, garlic, salt & pepper</p> <p>FRESH FRUIT</p>	<p>THAI VEGETABLE RICE Brown rice, green onions, cabbage, green beans, carrots, peppers, pinto beans, ginger, garlic, onions, tamari, peas, lemon juice, salt & pepper</p> <p>YOGURT (DF available)</p> <p>FRUIT SALAD</p>	<p>VEGETARIAN SLOPPY JOE WITH LENTILS, RICE PASTA & CHEESE (DF/GF available) Rice pasta, peppers, tomato sauce, vegetable stock. Ketchup, garlic, olive oil, chili powder</p> <p>VEGETABLE SALAD Edamame, corn, chickpeas, lentils, olive oil, apple cider vinegar, lemon juice, garlic, basil, salt & pepper</p> <p>FRESH FRUIT</p>
WEEK 4	<p>BUTTERNUT SQUASH SOUP Butternut squash, carrots, celery, vegetable stock, onions, olive oil, cream/coconut milk. Salt & pepper</p> <p>SPELT BREAD & BUTTER (DF/GF available)</p> <p>VEGETABLE PASTA SALAD Rice pasta, green onions, chickpeas, peppers, broccoli, corn, olive oil, parsley, balsamic, honey</p> <p>FRESH FRUIT</p>	<p>LASAGNA WITH TOMATO SAUCE & CHEESE Carrots, celery, onions, zucchini, garlic, marinara, oregano, salt & pepper</p> <p>CHEESE (DF/GF available)</p> <p>FRUIT SALAD</p>	<p>COCONUT CURRY NOODLES Noodles, green beans, zucchini, carrots, celery, onions, peppers, lentils, vegetable broth, ginger, curry, garlic, cumin,</p> <p>VEGETABLE STICKS</p> <p>FRESH FRUITS</p>	<p>PIZZA SOUP WITH GARLIC BREAD Zucchini, spinach, peppers, tomato ketchup, tomato sauce, onions, vegetable stock, garlic, olive oil, thyme, basil, salt & pepper</p> <p>ROMAINE WITH RAISINS Romaine, carrots, raisins, olive oil, mirin, honey, tamari</p> <p>FRESH FRUIT</p>	<p>RICE PASTA WITH VEGETABLE SAUSAGE & TOMATO SAUCE</p> <p>CHEESE (DF/GF available)</p> <p>CHICKPEA SALAD Chickpeas, cherry tomatoes, cucumber, cauliflower, olive oil, balsamic, basil, salt & peppep</p> <p>FRESH FRUIT</p>