

# TWS EARLY CHILDHOOD LUNCH MENU (Winter 2026)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	ROASTED TOMATO SOUP Tomatoes, carrots, celery, leeks, onions, garlic, vegetable broth, olive oil, bay leaves, basil, salt and pepper	SPELT PIZZA WITH SWEETCORN AND BROCCOLI (GF/DF available)	COCONUT CURRY NOODLES WITH VEGETABLES Rice noodles, broccoli, carrots, peas, red cabbage, onions, edamame, garlic, ginger, green onions, curry powder, <u>coconut milk</u> , olive oil, basil, tamari, honey	VEGETABLE FRIED RICE WITH EGG STRIPS/CHICKPEAS Brown rice, sweet potatoes, spinach, broccoli, zucchini, peppers, carrots, edamame, onions, garlic, celery, peas, corn, tamari, olive oil	CAULIFLOWER MAC AND CHEESE (GF/DF available) Gluten-free pasta, cauliflower, zucchini, onions, <u>butter/DF spread</u> , onion, <u>½ and ½ cream/coconut milk</u> , <u>cheese/DF cheese</u> , salt and pepper
	GIRLED CHEESED ON SOUR DOUGH (GF/DF available)	CAESAR SALAD WITH CROUTONS (GF/DF dressing available) Romaine lettuce, <u>croutons</u> , <u>vegan mayonnaise</u> , lemon juice, salt and pepper	YOGURT DRESSING WITH CUCUMBERS AND PARSLEY (DF available)	LENTIL AND MANGO SALAD Lentils, mangoes, green onions, garlic, parsley, lime juice, olive oil, salt and pepper	STRAWBERRY SALAD Spring mix, strawberries, mandarin oranges, cranberries, sunflower seeds, lemon juice, honey, orange juice, olive oil, salt and pepper
	VEGETABLE STICKS		FRUIT SALAD	FRESH FRUIT	FRESH FRUIT
	FRESH FRUIT	FRESH FRUIT			
WEEK 2	BUTTERNUT AND CARROT SOUP Butternut squash, carrots, leeks, olive oil, onion, nutmeg, <u>½ and ½ cream/coconut cream</u> , vegetable stock, salt and pepper	HEARTY CHILI Black beans, kidney beans, mushrooms, onions, tomatoes, spinach, celery, garlic, vegetable broth, brown sugar, chilli powder, cumin, olive oil	VEGETABLE STIR FRY NOODLES (GF) Rice noodles, carrots, green onions, peppers, mushrooms, zucchini, onions, garlic, vegetable broth, rice vinegar, paprika, tamari, honey, olive oil, salt and pepper	LENTIL DAHL WITH BASMATI RICE (GF) Brown basmati rice, chopped tomatoes, sweet potatoes, onions, ginger, garlic, turmeric, garam masala, bay leaf, olive oil	SPINACH AND RICOTTA/COCONUT CREAM PASTA BAKE (GF/DF available) Rice pasta, chopped tomatoes, spinach, peppers, sage, oregano, onions, marinara sauce, <u>mozzarella cheese/DF cheese</u> , basil, garlic, paprika, olive oil, salt and pepper
	SPELT BREAD WITH BUTTER (GF/DF available)	CHEESE (DF available)	SLICED EGG OMELETTE/CHICKPEAS	YOGURT DRESSING WITH CUCUMBERS AND PARSLEY (DF available)	CAESAR SALAD WITH CROUTONS (GF/DF dressing available) Romaine, croutons, <u>vegan mayonnaise</u> , lemon juice, salt and pepper
	VEGETABLE PASTA SALAD Rice pasta, broccoli, corn, chickpeas, peppers, green onions, balsamic dressing, olive oil, parsley, honey, salt and pepper	CUCUMBER AND TOMATO SALAD Cucumbers, tomatoes, green onions, garlic, parsley, basil, olive oil, apple cider vinegar, salt and pepper	GARDEN CHICKPEA SALAD Spring mix, chickpeas, tomatoes, zucchini, carrots, green onions, pumpkin seeds, parsley, olive oil, lemon juice, garlic, salt and pepper		
	FRESH FRUIT	FRESH FRUIT	FRESH FRUIT	FRUIT SALAD	FRESH FRUIT

- All menu items are vegetarian
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3	<p><b>RED LENTIL SOUP</b> Red lentils, carrots, celery, carrot, leeks, kale, garlic, onions, parsley, vegetable stock, salt and pepper</p> <p><b>SPELT BREAD WITH BUTTER (GF/DF available)</b></p> <p><b>VEGETABLE STICKS</b></p> <p><b>RANCH DIP (DF available)</b> Yogurt/DF yogurt, parsley, garlic, chives, onion powder, lemon juice, salt and pepper</p> <p><b>FRESH FRUIT</b></p>	<p><b>SPELT PIZZA WITH PEPPERS AND BROCCOLI (GF/DF available)</b></p> <p><b>BOILED EGGS/CHICKPEAS</b></p> <p><b>CANTALOUPE AND CUCUMBER SALAD</b> Cantaloupe, cucumbers, basil, lemon juice, olive oil, salt and pepper</p> <p><b>FRESH FRUIT</b></p>	<p><b>YAKI NOODLE STIR FRY (GF)</b> Rice noodles, mushrooms, cabbage, broccoli, carrots, onions, green onions, garlic, ginger, teriyaki, miso, olive oil, rice vinegar</p> <p><b>BOILED EGGS/CHICKPEAS</b></p> <p><b>LENTIL SALAD WITH CITRUS SOY DRESSING</b> Lentils, edamame, peppers, green onions, basil, honey, tamari, ginger, garlic, olive oil, lemon juice, orange juice</p> <p><b>FRESH FRUIT</b></p>	<p><b>MOROCCAN CHICKPEA STEW</b> Sweet potatoes, diced tomatoes, potatoes, carrots, celery, leeks, kale, chickpeas, raisins, peas, garlic, cumin, garam masala, coriander, onions, olive oil, curry powder, tomato sauce, salt and pepper</p> <p><b>GARLIC BREAD (GF/DF available)</b></p> <p><b>FRUIT SALAD</b></p>	<p><b>POTATOES AND SWEET POTATOES LASAGNA (GF/DF available)</b> Rice pasta, carrots, peppers, spinach, lentils, mushrooms, peas, peppers, onions, garlic, marinara sauce, salt and pepper, cheese/DF cheese</p> <p><b>CRUNCHY RAINBOW SALAD</b> Romaine, cucumbers, peppers, carrots, tomatoes, olive oil, rice wine vinegar, tamari, honey</p> <p><b>FRESH FRUIT</b></p>
WEEK 4	<p><b>GYPSY SOUP</b> Sweet potatoes, chickpeas, celery, kale, onions, bay leaves, garlic, turmeric, olive oil, basil, cinnamon, tamari</p> <p><b>SPELT BREAD WITH BUTTER (GF/DF available)</b></p> <p><b>VEGETABLE STICKS</b></p> <p><b>FRESH FRUIT</b></p>	<p><b>SPELT PEA SOUP</b> Carrots, onions, garlic, celery, vegetable broth, basil, cumin, salt and pepper</p> <p><b>SOURDOUGH BREAD GRILLED CHEESE SANDWICH (GF/DF available)</b></p> <p><b>BLACK BEAN AND CORN SALAD</b> Black beans, corn, peppers, green onions, cumin, lime juice, olive oil, apple cider vinegar, salt and pepper</p> <p><b>FRESH FRUIT</b></p>	<p><b>GINGER AND ORANGE NOODLES</b> Rice noodles, orange juice, onions, bok choy, black beans, edamame, celery, carrots, green onions, tamari, ginger, garlic, honey, olive oil, salt and pepper</p> <p><b>BOILED EGGS/CHICKPEAS</b></p> <p><b>FRUIT SALAD</b></p>	<p><b>CHICKPEA CURRY WITH BASMATI RICE</b> Brown basmati rice, tomatoes, carrots, celery, spinach, olive oil, cumin, garlic, coriander, paprika, turmeric, chilli powder, garam masala, lemon juice, salt and pepper</p> <p><b>YOGURT WITH CUCUMBER AND BASIL (DF available)</b></p> <p><b>LENTIL CRANBERRY SALAD</b> Lentils, cranberries, carrots, raisins, nutmeg, honey, orange juice, olive oil, green onions, cumin, cardamom, salt</p> <p><b>FRESH FRUIT</b></p>	<p><b>PASTA WITH HIDDEN VEGETABLES AND MISO TOMATO SAUCE</b> Rice pasta, celery, carrots, spinach, broccoli, cauliflower, zucchini, peppers, onions, garlic, basil, oregano, miso, marinara sauce</p> <p><b>CAESAR SALAD WITH VEGAN DRESSING AND CROUTONS (GF/DF dressing available)</b> Romaine lettuce, croutons, vegan mayonnaise, lemon juice, salt and pepper</p> <p><b>FRESH FRUIT</b></p>

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