

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 GIRLLED CHEESED ON SOUR DOUGH (GF/DF available) VEGETABLE STICKS FRESH FRUIT	SPELT PIZZA WITH SWEETCORN AND BROCCOLLI (GF/DF available) BOILED EGGS/CHICKPEAS CAESAR SALAD WITH CROUTONS (GF/DF dressing available) Romaine lettuce, <u>croutons</u> , <u>vegan mayonnaise</u> , lemon juice, salt and pepper FRESH FRUIT	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 YOGURT DRESSING WITH CUCUMBERS AND PARSLEY (DF available) FRUIT SALAD	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 LENTIL AND MANGO SALAD Lentils, mangoes, green onions, garlic, parsley, lime juice, olive oil, salt and pepper FRESH FRUIT	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 cheese/DF cheese</u> , salt and pepper STRAWBERRY SALAD Spring mix, strawberries, mandarin oranges, cranberries, sunflower seeds, lemon juice, honey, orange juice, olive oil, salt and pepper 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 SPELT BREAD WITH BUTTER (GF/DF available) VEGETABLE PASTA SALAD Rice pasta, broccoli, corn, chickpeas, peppers, green onions, balsamic dressing, olive oil, parsley, honey, salt and pepper FRESH FRUIT	HEARTY CHILI Black beans, kidney beans, mushrooms, onions, tomatoes, spinach, celery, garlic, vegetable broth, brown sugar, chilli powder, cumin, olive oil CHEESE (DF available) GARLIC BREAD (GF/DF available) CUCUMBER AND TOMATO SALAD Cucumbers, tomatoes, green onions, garlic, parsley, basil, olive oil, apple cider vinegar, salt and pepper FRESH FRUIT	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 SLICED EGG OMELETTE/CHICKPEAS GARDEN CHICKPEA SALAD Spring mix, chickpeas, tomatoes, zucchini, carrots, green onions, pumpkin seeds, parsley, olive oil, lemon juice, garlic, salt and pepper FRESH FRUIT	LENTIL DAHL WITH BASMATI RICE (GF) Brown basmati rice, chopped tomatoes, sweet potatoes, onions, ginger, garlic, turmeric, garam masala, bay leaf, olive oil YOGURT DRESSING WITH CUCUMBERS AND PARSLEY (DF available) FRUIT SALAD	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 CAESAR SALAD WITH CROUTONS (GF/DF dressing available) Romaine, croutons, vegan mayonnaise, lemon juice, salt and pepper FRESH FRUIT

- All menu items are vegetarian
- The Toronto Waldorf School Winter 2026 menu has been reviewed and approved by a registered dietitian.

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

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