

# TWS EARLY CHILDHOOD LUNCH MENU (Summer 2026)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><b>VEGETARIAN BURGERS WITH CHEESE AND ALL THE TRIMMINGS</b> (GF/DF available) Tomatoes, lettuce</p> <p><b>CAESAR SALAD WITH VEGAN DRESSING</b> (GF available)</p> <p><b>FRESH FRUIT</b></p>	<p><b>SPELT PIZZA WITH MUSHROOMS AND CORN</b> (GF/DF available)</p> <p><b>VEGETABLE STICKS</b></p> <p><b>EGGS/CHICKPEAS</b></p> <p><b>FRESH FRUIT</b></p>	<p><b>VEGETABLE NOODLE POT</b> (GF/DF available) Rice noodles, peas, corn, carrots, peppers, edamame, green onions, tamari, honey, garlic, lemon juice, ginger</p> <p><b>TOMATOES AND CUCUMBER SALAD</b> Tomatoes, cucumbers, olive oil, salt and pepper</p> <p><b>FRESH FRUIT</b></p>	<p><b>RED LENTIL DAHL WITH BASMATI RICE</b> Lentils, sweet potatoes, garlic, tomatoes, onions, ginger, cumin, bay leaves, turmeric, garam masala, olive oil</p> <p><b>YOGURT WITH GRATED CUCUMBER AND CHIVES</b> (DF available)</p> <p><b>FRUIT SALAD</b></p>	<p><b>CREAMY TOMATO SAUCE WITH HIDDEN ZUCCHINI PASTA</b> (GF available) Zucchini, crushed tomatoes, garlic, cream, olive oil, salt and pepper</p> <p><b>STRAWBERRY SALAD</b> Lettuce, strawberries, mandarin oranges, cranberries, sunflower seeds, lemon juice, olive oil, orange juice, honey, salt and pepper (GF available)</p> <p><b>FRESH FRUIT</b></p>
WEEK 2	<p><b>BUTTERNUT &amp; APPLE SOUP WITH SPELT BREAD &amp; BUTTER</b> (DF/GF available) Butternut squash, apples, vegetable stock, onions, olive oil, thyme cream/coconut milk. Salt &amp; pepper</p> <p><b>VEGETABLE STICKS</b></p> <p><b>FRESH FRUIT</b></p>	<p><b>GRILLED CHEESE SANDWICHES WITH ROASTED TOMATO SOUP</b> Tomatoes, carrots, celery, leeks, onions, vegetable broth, garlic, bay leaves, fresh basil, olive oil, salt and pepper (GF/DF available)</p> <p><b>VEGETABLE STICKS</b></p> <p><b>EGGS/CHICKPEAS</b></p> <p><b>FRESH FRUIT</b></p>	<p><b>ASIAN NOODLES STIR-FRY</b> (GF/DF available) Rice noodles, bok choy, peppers, onions, carrots, zucchini, edamame, garlic, honey, tamari</p> <p><b>FRUIT SALAD</b></p>	<p><b>VEGETARIAN CHICKEN TENDERS WITH PLUM SAUCE</b></p> <p><b>SALAD WITH MANDARIN ORANGES, GREEN ONIONS AND CRANBERRIES</b> Romaine lettuce, oranges, green onions, cranberries, tamari, and honey</p> <p><b>VINAIGRETTE DRESSING</b></p> <p><b>FRESH FRUIT</b></p>	<p><b>PASTA AND TOMATO VEGETABLE SAUCE &amp; CHEESE</b> (DF/GF available) Rice pasta, carrots, onions, celery, spinach, zucchini, cauliflower, garlic, basil, olive oil, marinara, salt &amp; pepper</p> <p><b>GARLIC BREAD</b> (DF/GF available)</p> <p><b>CUCUMBERS AND TOMATO SALAD</b> Cucumbers, tomatoes, green onions, fresh basil, garlic, parsley, apple cider vinegar, olive oil, salt and pepper</p> <p><b>FRESH FRUIT</b></p>

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

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 3</b>	<p><b>VEGETARIAN BURGERS WITH CHEESE, TOMATOES AND LETTUCE</b> (GF/DF available)</p> <p><b>VEGETABLE STICKS</b></p> <p><b>FRESH FRUIT</b></p>	<p><b>SPELT PIZZA WITH BROCCOLI AND PEPPERS</b> (GF/DF available)</p> <p><b>VEGETABLE SALAD</b> Corn, edamame, chickpeas, green onions, cumin, parsley, olive oil, honey, lime juice, salt and pepper</p> <p><b>FRESH FRUIT</b></p>	<p><b>SINGAPORE NOODLES</b> (DF/GF available) Rice noodles, peppers, carrots, celery, black beans, peas, onions, olive oil, tamari, turmeric</p> <p><b>FRUIT SALAD</b></p>	<p><b>RED LENTIL DAHL WITH BASMATI RICE</b> (GF/DF available) Brown rice, lentils, chopped tomatoes, sweet potatoes, onions, ginger, garlic, turmeric, garam masala, bay leaf, olive oil, cumin</p> <p><b>CUCUMBER AND PARSLEY YOGURT</b></p> <p><b>ROMAINE SALAD</b> Romaine lettuce, carrots, raisins, apple cider vinegar, olive oil, thyme, garlic, salt and pepper</p> <p><b>FRESH FRUIT</b></p>	<p><b>PASTA LENTIL BOLOGNAISE AND CHEESE</b> (DF/GF available) Rice pasta, lentils, carrots, tomatoes, celery, onions, basil, salt and pepper</p> <p><b>CHOPPED GREEN SALAD</b> Romaine lettuce, carrots, celery, tomatoes, cucumbers, corn, green onions, basil, balsamic, olive oil, salt and pepper</p> <p><b>FRESH FRUIT</b></p>
<b>WEEK 4</b>	<p><b>VEGETARIAN CHILI WITH QUESADILLAS</b> (GF/DF available) Pinto beans, carrots, celery, onions, tomatoes, chilli powder, cumin</p> <p><b>VEGETABLE RICE SALAD</b> Rice, Chickpeas, green onions, peppers, tomatoes, parsley, lemon juice, olive oil</p> <p><b>FRESH FRUIT</b></p>	<p><b>SOURDOUGH GRILLED CHEESE SANDWICHES</b> (GF/DF available)</p> <p><b>EGGS/CHICKPEAS</b></p> <p><b>VEGETABLE STICKS</b></p> <p><b>FRESH FRUIT</b></p>	<p><b>VEGETARIAN PAD THAI</b> (DF/GF available) Rice noodles, carrots, peppers, green onions, honey, tamari, rice vinegar, olive oil, lime juice</p> <p><b>YOGURT WITH CHIVES AND CUCUMBERS</b></p> <p><b>CAESAR SALAD WITH VEGAN DRESSING AND CROUTONS</b> (GF available)</p> <p><b>FRESH FRUIT</b></p>	<p><b>BASMATI RICE SERVED WITH GREEN PEAS, CARROTS, AND SLICED EGGS/CHICKPEAS</b></p> <p><b>CHICKPEA SALAD</b> Chickpeas, corn, edamame, green onions, cumin, parsley, honey, olive oil, salt and pepper</p> <p><b>FRESH FRUIT</b></p>	<p><b>MISO BEAN BOLOGNAISE WITH CHEESE</b> (DF/GF available) Celery, mushrooms, onions, garlic, tomato paste, olive oil, vegetable stock, miso paste, bay leaves, parsley, tomato sauce</p> <p><b>CANTALOUPE AND CUCUMBER SALAD</b> Cantaloupe, cucumbers, fresh basil, olive oil, lemon juice, salt and pepper</p> <p><b>FRUIT SALAD</b></p>

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