

TWS EARLY CHILDHOOD LUNCH MENU (Summer 2026)

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

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

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