

TWS EARLY CHILDHOOD LUNCH & SNACKS MENU (FALL/WINTER 2026)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	LENTIL VEGETABLE SOUP Olive oil, lentils, zucchini, carrot, tomato, onion, garlic, curry powder, thyme, salt and pepper, coconut milk, vegetable broth SPELT BREAD WITH BUTTER VEGETABLE STICKS FRESH FRUIT	BLACKBEAN ENCHILADA CASSEROLE Olive oil, onion, cumin, yogurt, green peppers, cheese, Tomato sauce, tortillas APPLE, CARROT, SUNFLOWER SEED SALAD WITH ROMAINE LETTUCE Romaine lettuce, apple, carrot, sunflower seeds, apple cider vinegar, olive oil, thyme, parsley, salt and pepper, edamame FRESH FRUIT	YALI UDON NOODLES Onion, carrot, olive oil, mushrooms, cabbage, broccoli, green onion, garlic, ginger, tamari, rice vinegar, spinach, udon noodles, edamame and tofu BOILED EGGS/CHICKPEAS CRANBERRY SLAW Kale, cabbage, carrot, cucumber, cranberries, parsley, vegan mayo, apple cider vinegar, salt and pepper FRESH FRUIT	VEGETABLES WITH BROWN RICE, QUINOA AND EGG STRIPS Olive oil, onion, green pepper, carrot, garlic, brown rice, crushed tomato, Tomato paste, vegetable broth, corn, peas, cumin, chilli powder, salt and pepper, and lentils YOGURT WITH CHIVES AND PARSLEY FRESH FRUIT	LENTIL BOLOGNESE Onion, carrot, garlic, celery, coriander, olive oil, thyme, balsamic, vegetable stock, lentils, chickpeas, parsley, wholewheat pasta/gf pasta, cheese SALAD Romaine, grated carrot, raisins, olive oil, apple cider vinegar, honey, salt and pepper, thyme, garlic FRESH FRUIT
WEEK 2	BUTTERNUT SQUASH SOUP WITH RED LENTILS Butternut squash, olive oil, onion, carrot, celery, ½ and ½ cream/coconut cream, vegetable broth, salt and pepper SPELT BREAD WITH BUTTER APPLE CABBAGE SLAW Cabbage, apple, raisins, celery, green onion, vegan mayo, lemon juice, olive oil, salt and pepper FRESH FRUIT	SPELT PIZZA WITH MUSHROOM AND SPINACH (WITH HIDDEN LENTIL PIZZA SAUCE 😊) BOILED EGGS/CHICKPEAS VEGETABLE STICKS FRESH FRUIT	VEGETABLE ALFREDO NOODLES High-protein lentil noodles, white beans, olive oil, zucchini, roast butternut squash, corn, spinach, butter/DF spread, garlic, ½ and ½ coconut milk, parmesan cheese, lemon zest, green onion, salt and pepper FRUIT SALAD	RED LENTIL DAHL WITH BASMATI RICE Olive oil, cumin, bay leaf, onion, garlic, tomato, ginger, turmeric, garam masala, sweet potato YOGURT DRESSING WITH CUCUMBERS AND PARSLEY TOMATO & CUCUMBER SALAD WITH CHIVES, OLIVE OIL AND APPLE CIDER VINAIGRETTE FRESH FRUIT	BASIL TOMATO SAUCE PASTA (WITH HIDDEN VEGETABLES AND WHITE BEANS) Onions, carrots, celery, spinach, salt and pepper, tofu LENTIL AND WHITE BEAN SALAD Green onion, peppers, tomato, olive oil, lemon juice, parsley, salt and pepper GARLIC BREAD CHEESE FRESH FRUIT

- All menu items are vegetarian and can accommodate gluten-free and dairy-free options based on children's allergies and food intolerances
- For questions about the menu/ingredients, please contact the kitchen manager, Karen Shiell, at shiell-karen@aramark.ca

TWS EARLY CHILDHOOD LUNCH & SNACKS MENU (FALL/WINTER 2026)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3	POTATO AND LEEK SOUP WITH WHITE BEANS olive oil, onion, potatoes, leek, vegetable stock, ½ and ½ coconut milk SPELT BREAD WITH BUTTER LENTIL MANGO SALAD WITH COUSCOUS Chives, olive oil, vinegar, salt and pepper, garlic, lemon juice FRESH FRUIT	YELLOW SPLIT PEA DAHL Olive oil, onion, garlic, ginger, cumin, turmeric, vegetable broth, cinnamon stick, lemon juice, salt and pepper BASMATI RICE AND QUINOA GREEN SALAD WITH SEASONAL VEGETABLES FRESH FRUIT	NOODLES WITH HONEY GARLIC SAUCE Lentil spaghetti, green onion, leek, carrot, celery, bok choy, broccoli, peppers, garlic, edamame, corn, honey, tamari, parsley, vegetable stock BOILED EGGS/CHICKPEAS SALAD GREENS Romaine lettuce, cranberry, apple, green onion, olive oil, apple cider vinegar, garlic, thyme, lemon juice, salt and pepper FRESH FRUIT	VEGETABLE FRIED RICE AND COUSCOUS Brown rice, couscous, garlic, ginger, onion, peas, corn, edamame, carrot, celery, spinach, sweet potato, broccoli, zucchini, peppers, tamari, olive oil, tofu EGG STRIPS/CHICKPEAS FRUIT SALAD	BAKED PENNE PASTA garlic, olive oil, marinara, pureed lentils, roasted tomatoes, ricotta cheese, lemon zest, salt and pepper, fresh basil, cheese CAESAR SALAD WITH VEGAN DRESSING AND CROUTONS Romaine lettuce, croutons, vegan mayonnaise, lemon juice, salt and pepper FRESH FRUIT
WEEK 4	CREAMY BROCCOLI SOUP WITH WHITE BEANS Olive oil, garlic, onion, vegetable stock, ½ and ½ coconut milk, salt and pepper, parsley SPELT BREAD WITH BUTTER HARVEST SALAD Butternut squash, corn, peppers, onion, balsamic, garlic, salt and pepper FRESH FRUIT	ROASTED VEGETABLE FLATBREAD (WITH HIDDEN LENTIL SAUCE) Zucchini, mushroom, peppers, onion, grape tomatoes, Greek yogurt, garlic, oregano, lemon juice, salt and pepper, cheese BOILED EGGS/CHICKPEAS VEGETABLE STICKS FRESH FRUIT	COCONUT CURRY WITH LENTIL SPAGHETTI AND WHITE BEANS Broccoli, peppers, peas, carrot, spinach, coconut milk, garlic, curry powder, ginger, tamari, lime juice, vegetable broth, green onion YOGURT BLACK BEAN SALAD Garlic, salt, lime juice, chilli powder, olive oil, corn, peppers, green onion, cherry tomatoes, edamame FRESH FRUIT	VEGETABLE KORMA olive oil, onion, garlic, ginger, carrot, potatoes, crushed tomato, green pepper, curry powder, lentils, chickpeas, salt and pepper, peas, ½ and ½ cream/coconut milk BOILED EGGS/CHICKPEAS BASMATI RICE AND QUINOA FRUIT SALAD	CHICKPEA PENNE WITH HIDDEN VEGETABLE MISO TOMATO SAUCE Marinara, celery, carrot, spinach, broccoli, cauliflower, zucchini, onion, garlic, basil, oregano, salt and pepper, miso CHEESE BEAN AND LENTIL SALAD Lentils, white beans, chickpeas, tomatoes, cucumber, parsley, basil, apple cider vinegar, olive oil, garlic, salt and pepper, grated carrot FRESH FRUIT

- All menu items are vegetarian and can accommodate gluten-free and dairy-free options based on children's allergies and food intolerances
- For questions about the menu/ingredients, please contact the kitchen manager, Karen Shiell, at shiell-karen@aramark.ca

TWS EARLY CHILDHOOD LUNCH & SNACKS MENU (FALL/WINTER 2026)

CHILD CARE WEEKLY SNACKS

	MORNING SNACKS	AFTERNOON SNACKS
MONDAY	CLASSROOM PREPARED MORNING SNACKS *INQUIRE CLASSROOM TEACHER	CHEESE/DF, MELBA TOAST CRACKERS & APPLE SAUCE
TUESDAY	WHOLEWHEAT MINI BAGELS WITH CREAM CHEESE/APPLE BUTTER BLUEBERRIES OR SLICED GRAPES	CUCUMBER STICKS WITH YOGURT/DF AND HONEY DIP TANGERINES
WEDNESDAY	CLASSROOM PREPARED MORNING SNACKS *INQUIRE CLASSROOM TEACHER	CARROT AND PEPPER STICKS WITH YOGURT HONEY DIP BANANAS
THURSDAY	BANANA MUFFIN AND YOGURT/DF	CHEESE/DF, RICE CRACKERS, MELON SLICES
FRIDAY	CLASSROOM PREPARED MORNING SNACKS *INQUIRE CLASSROOM TEACHER	SEASONAL FRUIT, YOGURT/DF AND GRANOLA

- All menu items are vegetarian and can accommodate gluten-free and dairy-free options based on children's allergies and food intolerances
- For questions about the menu/ingredients, please contact the kitchen manager, Karen Shiell, at shiell-karen@aramark.ca