










Week commencing March 6, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b> 	Apple Zucchini Muffins with Fresh Fruit	Multigrain Cereal Bowl with fresh fruit	Apple Pie Oatmeal with Fresh Fruit	Banana Loaf With Fresh Fruit	French Toast Mini Muffins with Fresh Fruit
<b>Lunch</b> 	<b>Lentil Pasta Bolognese</b> Tender pasta cooked in a rich hearty vegetarian Bolognese  Fresh Fruit salad	<b>Butternut Squash stew</b> Slow roasted butternut squash stewed with seasonal vegetables  Yogurt Parfait	<b>Falafel and roasted Vegetables</b> Falafel balls served with a Greek rice and roasted vegetables  Rustic Apple Sauce	<b>Corned beef and Succotash Casserole</b> Corn beef baked with diced potato, corn, and seasonal vegetables  <b>Black Bean Succotash Casserole</b>  Tropical Fruit Salad	<b>Three Cheese Mac and Cheese</b> Tender Pasta tossed with a creamy béchamel and cheese sauce  Lemon Yogurt cake
<b>Afternoon tea</b> 	Very Berry Dip with fresh Fruit and Graham Crackers	Chocolate Chip Oatmeal Cookies	Granola Roundies with Fresh Fruit	Spinach dip with crudités and crackers	Chef Savory Snack Mix
<b>CFG daily requirements</b>  <b>4</b>  <b>3</b>  <b>2</b>  <b>1</b>	For morning snack - Naturally sweetened muffins packed full of apple and zucchini goodness  For tea - A sweet and delicious dip made with apple and various berries	For tea - A naturally sweetened and soft chew oat cookie with a touch of semi sweet chocolate	Falafel is a vegan and gluten free chickpea nugget making a protein packed lunch  Afternoon tea - A granola crunch cookie sweetened with local honey, high in protein and fibre	Morning snack - Banana loaf is made with fresh bananas and locally sourced honey to sweeten	Morning snack - Egg soaked bread naturally sweetened with local honey, baked as a muffin  Afternoon Tea - Chefs Savory Snack Mix is a combination of multi Grain Cereals, toasted and tossed in savory spices

Menu is subject to change and will be notified to parents on a daily basis