










Week commencing January 13, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 	Whole Grain Cereal bowl with fresh fruit	Apple Zucchini loaf with fresh fruit	Bacon and Cheddar Egg bites served with fresh fruit	Berry Mini Muffins with fresh fruit	Granola Breakfast roundies with fresh fruit
Lunch 	Pasta Alfredo with broccoli, mushrooms, parmesan cheese and tender pasta in a roasted Garlic béchamel	Likeable Lentil Soup with peas, celery, carrots, corn, green lentils and fresh baked roll	Jambalaya sausage, celery, onions, peppers, carrots, corn and steamed white rice with a mild Creole spice and savoury tomato sauce	Pasta Pomodoro with seasonal vegetables in a light tomato sauce with fresh baguette	Falafel lunch crispy falafel served with seasoned rice pilaf and pita bread.
Afternoon tea 	Black Bean Brownies with fresh fruit	Roast Squash Queso with Pretzels and Cucumber coins	Date Squares with fresh fruit	Roasted Red Pepper Hummus with whole grain crackers and crudités	Pizza Focaccia with fresh fruit
CFG daily requirements  4  3  2  1	Black Bean brownies are made with nutritious black beans purred smooth in a reduced sugar brownie	Shredded apples, zucchini and local honey in a freshly baked loaf	Rice pudding is homemade, sweetened with maple syrup and a hint of cinnamon. Sugar free Date squares are made with simmered dates and honey on an oat base bar	Mini muffins are baked fresh with a reduced sugar content and sweetened with ripe fruits	Homemade granola bar cookies with Coconut, Raisins, sunflower seeds, hemp hearts.

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