










Week commencing June 1, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b> 	Summer Berry Mini Muffins with fresh fruit	Maple, Flax and Apple Oatmeal Bowl with fresh fruit	Mushroom and Spinach Egg Bites with fresh fruit	Homemade Cinnamon Bagels with fresh fruit	Spiced Oat Mini Muffins with fresh fruit
<b>Lunch</b> 	Alfredo Pasta with seasonal vegetables and tender pasta in a garlic parmesan sauce served with fresh baked Focaccia  Applesauce	Summer Chowder with seasonal squash, carrot, celery, onion, garlic, peas, corn and potato in a savoury yam puree  Spiced Carrot Cake	Pasta Marinara with lentils, spinach, tomato, mushrooms, and tender macaroni  Tropical Fruit Salad	Cowboy Rice and Bean salad made with steamed white rice, black beans, carrots, cucumber, peppers, tomato and cheddar cheese  Yogurt Parfait	Locro de Papa is a creamy potato stew from Ecuador made with seasonal vegetables and authentic spices.  Fresh Fruit Salad
<b>Afternoon tea</b> 	Garden Hummus with vegetable coins and whole grain crackers	Classic Chocolate Chip Cookies with fresh fruit	Raspberry Scones with fresh fruit	Appleberry Oat Squares with fresh fruit	Blackbean and Corn Salsa with tortillas and vegetable coins
<b>CFG daily requirements</b>  4  3  2  1	Hummus made from garbanzo beans is infused with spinach and roasted peppers	Classic chocolate chip cookies are made with reduced sugar, local honey and real chocolate baked fresh.	Raspberry scones are packed full of ripe berries, made sugar free and baked fresh	A puree of apple and raspberry on a oat and honey base for a naturally sweet and fun afternoon snack	Sweetened with applesauce and local honey, spices add lots of flavour to a sugar free muffin.

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