










Week commencing April 13, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 	Multi Grain Cereal Blend with fresh fruit	Maple and Flax Oatmeal Bowl with fresh fruit	Morning Glory Mini Muffins with fresh fruit	Bacon, Spinach and Cheddar Frittata with fresh fruit	Classic Banana Bread with fresh fruit
Lunch 	Pasta Marinara savoury tomato and spinach sauce with tender pasta and a savoury red sauce Spiced Rustic Applesauce	Chuck Wagon Chilli with carrots, corn, celery, onions, peppers, squash, tomato, braised beans and ground chuck in a mild chilli sauce Tropical Fruit Salad	Likable Lentil Soup with carrots, corn, celery, onions, mild spices and green lentils Vanilla Bean Custard	Baked Pasta Pomodoro with spinach, seasonal vegetables, tomato and mushrooms with tender macaroni Appleberry Sauce	Corn Chowder is a dairy free chowder made with carrots, celery, corn, potato, onions, squash and a pureed vegetable broth Yogurt Parfait
Afternoon tea 	Cinnamon Buns with fresh fruit	Hearty Crunch Cookies with fresh fruit	Salsa and chips with vegetable crudités	Black Bean Brownies with fresh fruit	Garden Hummus with cucumber coins and whole grain crackers
CFG daily requirements  4  3  2  1	Fresh baked homemade cinnamon buns are made with reduced sugar and spice	Hearty crunch cookies are packed full of chia, seeds and whole grain oats.	Morning glory muffins are made with reduced sugar, coconut, raisins and spice.	Chewy fudge brownies made with smooth blended black beans and low sugar	Traditional banana bread with made with honey, cinnamon and ripe banana puree

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