



Week commencing July 13, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 	Multi Grain Cereal Blend with fresh fruit	Morning Glory Muffins with fresh fruit	Mini Cinnamon buns with fresh fruit	Summer Berry Loaf with fresh fruit	Apple Cinnamon Oatmeal Bowl with fresh fruit
Lunch 	Chilled Pesto Salad with cucumbers, shredded carrots, pepper, tomato, broccoli and cheddar cheese with tender macaroni	Ham and Navy bean soup with smoked Ham, carrots, celery, squash, sweet potato, broccoli and white beans	Corn Chowder with potato, corn, carrots, peas, celery, broccoli and yams in a pureed corn bisque	Fishermans Casserole with haddock, Sole, carrots, celery, peas, corn, potatoes and broccoli in a white cheddar sauce	"Mac n' Cheese" baked 3 cheese pasta in a cheddar béchamel served with vegetable crudités
	Fresh Fruit Salad	Spiced Applesauce	Yogurt Parfait	ABC Custard	Double chocolate cake
Afternoon tea 	Black bean Brownies with fresh fruit	Garden Hummus with whole grain crackers and cucumber coins	Date Squares with fresh fruit	Cheddar biscuits with fresh fruit	Chefs Sweet and Salty Snack Mix with fresh fruit
CFG daily requirements  4  3  2  1	Black beans puree smooth, cocoa and honey in a reduced sugar brownie	Mixed fruits, whole oats, reduced sugar and a hint of spice for a nutritious morning snack	Dates are simmered in orange juice for a natural sweetness on top of a oat and honey base.	ABC Custard is a sugar free desert with avocado, banana and cocoa Cheddar biscuits are baked fresh, sugar free and packed full of cheese	

*Additional snack foods are available as needed (i.e. crackers, digestive cookies, bread sticks etc)

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