










Week commencing May 4, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 	Multi Grain Cereal Blend with fresh fruit	Apple, Cinnamon and Flax Breakfast Fritter with fresh fruit	Sweet Potato Pie Oatmeal Bowl with fresh fruit	Berry Mini Muffins with fresh fruit	Cinnamon Bagels with fresh fruit
Lunch 	Pasta Marinara with spinach, tomato and lentils in a savoury tomato sauce Applesauce	<i>Cinco de Mayo</i> Burrito Bowl with steamed red rice, braised beans, black beans, tomato, peppers, corn and mild spices with crispy tortilla strips Fruit Salad	Hungarian Goulash with sweet potatoes, beef, peas, carrots, potatoes, corn and spinach in a paprika roux. Baked Apple en croute	Likeable Lentil Soup made with green lentils, lemon grass, coconut milk, carrots, celery, peas, corn and cauliflower in a mild curry broth. Served with naan breads Fresh Melon Salad	Primavera Pasta with fresh spring vegetables, spinach, tomato and a rich garlic tomato sauce over tender pasta Yogurt and Fruit Parfait
Afternoon tea 	Oatmeal Chocolate Cookies with fresh fruit	Churros with fresh fruit	Berry Tea Biscuits with fresh fruit	Cheese cubes and Crackers with vegetable coins	Sweet Potato Hummus with vegetable Coins and whole grain Crackers
CFG daily requirements  4  3  2  1	Oatmeal cookies are sugar free with lots of chocolate and spices	Sugar free fritters with Honey, ripe banana, shredded Apple, spices and oats. Light and fluffy churros are baked golden brown and dusted in cinnamon sugar	Tea biscuits are baked fresh with naturally sweet seasonal berries	Muffin batter is made with reduced sugar content and sweetened with ripe berries.	Homemade bagels with a hint of maple and cinnamon, served soft and fresh.

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