



Week commencing **August 3, 2026**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 		Multi Grain Cereal Blend with fresh fruit	Maple flax Oatmeal bowl with fresh fruit	Granola roundies with fresh fruit	Cheddar Egg bites with fresh fruit
Lunch 	Closed	Pasta Marinara with spinach, tomato and mushroom in a savoury tomato sauce Applesauce	Hungarian Goulash with Sweet potatoes, Beef, Peas, Carrots, Potatoes, corn and Kale in a paprika roux. Fruit Salad	Likeable Lentil Soup Green lentils, lemon grass, coconut milk, carrots, celery, peas, corn and cauliflower in a mild curry broth served with naan breads Granola and Yogurt Parfait	Greek Style falafel with rice pilaf and tzatziki crisp over baked farfel served with steamed greek rice pilaf and authentic tzatziki Whole Wheat Carrot Spice Cake
Afternoon tea 		Oatmeal Chocolate Cookies with fresh fruit	Lavender Tea Biscuits with fresh fruit	Cheese and Crackers with fresh fruit	Sweet Potato Hummus with Cucumber Coins and whole grain Crackers
CFG daily requirements  4  3  2  1		Oatmeal cookies are sugar free with lots of chocolate and spices	Freshly baked tea biscuit with organic lavender are made in house and sugar free	Homemade granola roundies are packed full of hemp hearts, hulled seeds, dates, coconut and honey.	Whole Wheat Carrot cake is flavoured with fruit juice, spice and ginger for a moist delicious Friday dessert.

*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