







Week commencing December 2, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b> 	Multi grain cereal blend with fresh fruit	Cinnamon Raisin Tea Biscuits with fresh fruit	Mini Croissants with fresh fruit	Classic Banana Loaf with fresh fruit	Spiced Oatmeal bowl with fresh fruit
<b>Lunch</b> 	Lentil Bolognese with savoury sauce, spinach, tomato, mushrooms and tender shell pasta  Appleberry Sauce	Winter Squash Chilli with braised beans, tomato, spinach, and seasonal vegetables  Fruit Salad	Fisherman's Chowder with Rice a savoury dill and whitefish chowder with carrots, celery, corn, peas and potatoes served over steamed white rice  Yogurt Parfait	Pasta Marinara with tomato,sauce seasonal vegetables, herbs amd fresh baked focaccia  Spiced Applesauce	Chicken Ala King made from oven roasted chicken in a creamy mushroom sauce over roasted potatoes and steamed broccoli  Banana Custard
<b>Afternoon tea</b> 	Roasted Squash Hummus with vegetable coins and toasted pita	Cheese and cracker plate with fresh fruit	German Chocolate Brownies with fresh fruit	Black Bean and Corn Salsa with cucumber coins and tortilla chips	Maple Ginger Carrot Cake with fresh fruit
<b>CFG Daily Requirements</b> 	Slow roasted squash puréed into hummus with lightly toasted pita	Homemade sugar free tea biscuits with golden raisins and a hint of spice	Mini croissants are baked golden brown and served fresh.  Reduced sugar chocolate brownie with toasted coconut	Classic Banana loaf sweetened with ripe bananas, honey and cinnamon	The custard is low sugar and sweetened with ripe fruit.  Fresh ginger and a hint of maple in a sugar free carrot cake.

\*Additional snack foods are available as needed (i.e. crackers, digestive cookies, bread sticks etc). Water and milk are supplied at each meal. All dietary requirements for special diets are available. We have a selection of non-dairy, GF, nut free, low sugar meals & snacks available at all times to ensure your child has any dietary needs taken care of. Your child's teacher will provide this information daily. This menu is subject to change. Parents will be notified of any changes.