



Week commencing **August 24, 2026**

|                                                                                                                                                                                                                                                                                                                                                                                                                           | Monday                                                                                                                                                  | Tuesday                                                                                                                                                                              | Wednesday                                                                                                                                    | Thursday                                                                                                 | Friday                                                                                                                                                |
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| <b>Morning Snack</b><br>                                                                                                                                                                                                                                                                                                                  | Apple Oat Mini Muffins with fresh fruit                                                                                                                 | Summer Berry Loaf with fresh fruit                                                                                                                                                   | Multi Grain cereal Bowl with fresh fruit                                                                                                     | Spinach and Cheddar Frittata with fresh fruit                                                            | Banana Cinnamon Oatmeal Bowl with fresh fruit                                                                                                         |
| <b>Lunch</b>                                                                                                                                                                                                                                                                                                                                                                                                              | Minestrone Soup with tomato, spinach, seasonal vegetables, tender macaroni and mild Italian sausage in a light tomato herb broth.<br><br>Yogurt Parfait | Cowboy rice and Bean Bowl with cucumbers, carrots, peppers, tomato, cheddar cheese, black beans and steamed white rice with a zesty tex mex dressing<br><br>Spiced Rustic Applesauce | Butternut Squash Stew with carrots, celery, peas, corn, squash, potato, broccoli and cauliflower in a savoury broth<br><br>Fresh Fruit Salad | Pasta Pomodoro with spinach, mushroom, tomato, tender pasta and a rich sauce<br><br>Vanilla Rice Pudding | Luncheon Chilled Platter with cured meats, vegetable sticks, homemade buns, cheese cubes, pickles and fresh fruit<br><br>Strawberry Sponge Cake       |
| <b>Afternoon tea</b><br>                                                                                                                                                                                                                                                                                                                | Garden Hummus with Crudités and whole grain crackers                                                                                                    | Black bean tomato Salsa with whole grain crackers and cucumber coins                                                                                                                 | Apple berry Oat bars with fresh fruit                                                                                                        | Double Chocolate Cookies with fresh fruit                                                                | Mad Hatter Tea Party - miniature cucumber sandwiches and individual snack cakes served with fresh fruit                                               |
| <b>CFG daily requirements</b><br> <b>4</b><br> <b>3</b><br> <b>2</b><br> <b>1</b> | Fresh shredded Apple, whole oats, spice and honey in a reduced sugar mini muffin                                                                        | Fresh summer berry medley with real honey baked into a homemade breakfast loaf.<br>Low sugar cookies with real coco and honey, full chocolate taste with greatly reduced sugar       | Pureed Apples and Raspberry over a whole grain Oat bar.                                                                                      | Rich coco and real chocolate chips in a soft baked reduced sugar cookie                                  | For our mad hatter tea party celebration we will serve classic cucumber triangles with small fruit infused (cup) cakes and sliced fresh summer fruits |

\*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