







## GEOGRAPHY WORLD FRIDAY:

Canada & USA

Date: July 29th - August 2, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b> 	Banana Oat Mini Muffins with fresh fruit	Mini Croissants with fresh fruit	Raspberry Chia Scones with fresh fruit	Multi Grain Cereal mix with fresh fruit	Apple & Cinnamon Breakfast Cookies with fresh fruit
<b>Lunch</b> 	Pasta Marinara with mushrooms, spinach, broccoli and tender pasta in a savoury cream sauce  Yogurt Parfait	Chicken Ala King made from oven roasted chicken in a creamy mushroom sauce over mashed potatoes with steamed broccoli  Banana Custard	Black Bean with red rice casserole, with tomatoes, peppers and shredded cheese  Apple Sauce	Vegetable Stew with sweet potatoes, carrots, peas, onions, celery in a rich vegetable broth served with fresh bread  Carrot Cake	Herb Roasted Chicken and vegetable fried rice served with naan bread  Tropical Fruit Salad
<b>Afternoon tea</b> 	Apple Pie Dip with graham crackers and fresh fruit	Oatmeal Raisin Cookies with fresh fruit	Tzatziki dip and Pita with vegetable coins	Pretzel Bites with ranch dip and carrot sticks	Strawberry Cake with fresh fruit
<b>CFG daily requirements</b> 	Mini muffins are naturally sweetened with ripe bananas and apples. Apple pie dip is sugar free with spice served with whole wheat graham crackers for dipping.	Oatmeal cookies packed with soft golden raisins and naturally sweetened with honey and cinnamon. Banana custard is sweetened with ripe fruit and honey, made with dairy and blended smooth.	Mini scones are freshly baked with chia seeds and fresh raspberries.	Carrot cake is sweetened with shredded carrots, and honey.	Traditional strawberry shortcake is made with reduced sugar and natural flavours, baked fresh and served soft.

\*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.