Week commencing **November 02, 2026**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Raspberry Scones with fresh fruit	Multi Grain Cereal Blend with fresh fruit	Apple Oat mini muffins with fresh fruit	Maple Flax Oatmeal Bowl with fresh fruit	Cinnamon Bagels with fresh fruit
Lunch 	Stegt Flaesk Danish roasted Pork with Parsley sauce served with steamed vegetables and herbed potatoes. Apple Sauce	Pasta Marinara tender macaroni in a savoury tomato sauce with mushrooms and spinach served with fresh baked focaccia Fruit Salad	Vegetable Fried Rice with seasonal vegetables, spinach, fried egg, steamed rice, sesame and mild seasonings Vanilla Yogurt Parfait	Corn Chowder with seasonal vegetable, Potatoes and Corn in a savoury puree served with fresh baked Rolls Fresh Melon Salad	Vegetable Curry with steamed rice, seasonal vegetables, mild spices and whole white rice in a yellow curry stew Whole Wheat Carrot Spice Cake
Afternoon tea 	Tomato Black Bean Salsa with vegetable coins and crackers	Double Chocolate Brownies with fresh fruit	Tzatziki with Pita and vegetable coins	Cheese and Crackers with sliced Apples	Sweet Potato Hummus with Cucumber Coins and whole grain Crackers
CFG daily requirements  **4**  **3**  **2**  **1**	Fresh Raspberries and a touch of honey add lots of flavour to our homemade mini scones	Rich double chocolate brownies are made with a reduced sugar content and sweetened with honey	Apples, oats and maple syrup in a naturally sweetened mini muffin	Sliced Apples, mild cheddar and crackers make a favourite snack for all ages	Whole wheat carrot spice cake sweetened with ripe pineapple puree and applesauce for a moist texture

*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