










Week commencing February 3, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 	Apple Zucchini Breakfast Cookie with fresh fruit	Multigrain Cereal Bowl with fresh fruit	Spinach and Cheddar Egg bites with fresh fruit	Melba toast and fruit dip with fresh fruit	Cinnamon Oatmeal with fresh fruit
Lunch 	Pomodoro Pasta with mushrooms and spinach, served with fresh baked Focaccia bread	Winter Chowder with corn, roast squash, potatoes, carrots, celery and cauliflower in a savoury vegetable broth	Red Lentil Dahl and Vegetable Curry A mild Dahl with a mushroom, carrot, broccoli and cauliflower yellow curry	Macaroni Marinara with seasonal vegetables, tomato and spinach in a rich tomato sauce	Vegetable fried Rice with steamed white rice, eggs, seasonal vegetables and 5 spice
Afternoon tea 	Classic Hummus with crudité's and crackers	Chia Ginger Snaps with fresh fruit	Pumpkin Pie Dip with graham crackers and fresh fruit	Belgium Chocolate Loaf with fresh fruit	Tzatziki Dip with pita chips and cucumber coins
CFG daily requirements  4  3  2  1	Authentic German style chocolate cake is made with reduced sugar. sweetened with honey	Classic ginger snaps are sweetened with a reduced amount of maple syrup and molasses.	Pumpkin Pie dip is made from slow roasted whole pumpkins, spice and honey for an all natural full flavour snack time dip	Belgium loaf is made with reduced sugar, real cocoa and whole grain flour	

Menu is subject to change and will be notified to parents on a daily basis