



Week commencing September 28, 2026

|                                                                                                                                                                                                                                                                                                                                                                                               | Monday                                                                                                                                                  | Tuesday                                                                                                                                                                  | Wednesday                                                                                                                                    | Thursday                                                                                                 | Friday                                                                                                                                                |
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| <b>Morning Snack</b><br>                                                                                                                                                                                                                                                                                      | Apple Oat Mini Muffins with fresh fruit                                                                                                                 | Croissants 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><br>                                                                                                                                                                                                                                                                                              | Minestrone Soup with tomato, spinach, seasonal vegetables, tender macaroni and mild Italian sausage in a light tomato herb broth.<br><br>Yogurt Parfait | 3 Sister Soup a traditional indigenous soup of Corn, Squash and Beans with seasonal vegetables, fresh herbs and served with mini bannock<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 | Beef Barley Stew with Roasted Beef, Savoury Barley, Crimini, carrots, celery, peas, corn and a rich broth<br><br>Strawberry Sponge Cake               |
| <b>Afternoon tea</b><br>                                                                                                                                                                                                                                                                                    | Garden Hummus with Crudite and whole grain crackers                                                                                                     | Black bean tomato Salsa with whole grain crackers and cucumber coins                                                                                                     | Appleberry Oat bars with fresh fruit                                                                                                         | Double Chocolate Cookies with fresh fruit                                                                | Pizza Friday<br><br>homemade focaccia cheese pizza with fresh fruit                                                                                   |
| <b>CFG daily requirements</b><br> 4<br> 3<br> 2<br> 1 | Fresh shredded Apple, whole oats, spice and honey in a reduced sugar mini muffin                                                                        |                                                                                                                                                                          | 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