










GEOGRAPHY WORLD THURSDAY:

Nepal & Haiti

Date: April 8th-12th, 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning  Snack	Multi grain cereal blend with fresh fruit	Banana mini muffin with fresh fruit	Cinnamon Bagel with fresh fruit	Cheese Scones with fresh fruit	Granola roundie with fresh fruit
Lunch 	Navy Bean Soup with seasonal vegetables, tender navy beans, spinach and roasted vegetable puree	Broccoli cheddar couscous cups served with sweet potato fries	Sweet and Sour Chicken balls with vegetable fried rice	Joumou Soup This soup is made with squash purée, beef, potatoes, and vegetables. Served with Naan	Marinara Macaroni with sautéed spinach and mushrooms in a savoury tomato sauce over tender macaroni
Dessert	Fruit Salad	Vanilla bean Custard	Yogurt parfait	Pain Patate	Applesauce
 Afternoon Tea	Oatmeal chocolate cookie with fresh fruit	Spinach dip with pita and cucumber coins	Appleberry Oat squares with fresh fruit	Garden Hummus with crackers and vegetable coins	Double Chocolate Cake with fresh fruit
CFG daily requirements  4  3  2  1	Oatmeal cookies made with reduced sugar, coco and whole oats.	Morning mini muffins are sweetened naturally with honey and ripe banana. Our low sugar custard made from honey, simmered vanilla bean and fresh dairy.	Cinnamon bagels are made in house from our famous recipe. Our square are sugar free with appleberry jelly on a whole oat base	Pain Patate made with slow roasted sweet potato and low sugar caramel custard for a taste of the traditional Nepalese dish	Granola roundies packed full of seeds, dried fruit, coconut, dates and oats. Our chocolate cake is sweetened with honey and made from real coco

*Additional snack foods are available as needed (i.e. crackers, digestive cookies, bread sticks etc)

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.