



Week commencing September 19, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 	Multi Grain Cereal Bowl with fresh fruit	Raspberry Scones with fresh fruit	Granola Breakfast Cookie with fresh fruit	Bacon and Eggs EnCroute with fresh fruit	Morning Glory Mini Muffins with fresh fruit
Lunch 	Corn Chowder with Ontario corn, peas, carrots, celery, potatoes, broccoli and squash served with fresh baked breads. Melon salad	Pasta Marinara tender macaroni, rich tomato spinach sauce and a side Caesar salad Apple Sauce	Ham and Navy Bean Casserole with smoked Ham, white beans, corn, peas, carrots and broccoli topped with shredded cheese Navy Bean Casserole filled with vegetable goodness Peach Tarts	Mac n' Cheese with Vegetable Crudités Four cheese béchamel, tender macaroni oven baked and served with fresh cut vegetable sticks Tropical Fruit Salad	Glazed Meatloaf with herb Potatoes and steamed Broccoli Vegetarian loaf of roasted Yams with potato and broccoli Very Berry Parfait
Afternoon tea 	Cheddar Biscuits with fresh fruit	Sweet Potato Hummus with whole grain crackers and cucumber coins	Tzatziki Dip with cucumber coins and Pita chips	Appleberry Oat Squares with fresh fruit	Pizza Friday with fresh fruit
CFG daily requirements  4  3  2  1	Cheddar biscuits are made with no sugar, shredded cheese and baked fresh	Raspberry scones are made in house with local honey and ripe berries	Granola breakfast "cookies" are packed full of seeds, hemp hearts, local honey, oats and whole grain flour Fresh peaches in a honey and spice mini pie	Pureed apples and berries top a oat and honey cookie base or a favourite afternoon snack	Morning glory muffins with stewed dates, seeds, toasted coconut, local honey and apple are baked fresh. Homemade pizza is made from scratch with roasted vegetables and mozzarella cheese

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