










Week commencing May 9, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b> 	Multi Grain Cereal Bowl with fresh fruit	Banana Fritters with fresh fruit	Carrot Ginger mini muffins with fresh fruit	Maple Flax Oatmeal Bowl with fresh fruit	Yogurt Granola Parfait with fresh fruit
<b>Lunch</b> 	<b>Pesto Primavera Pasta</b> with a medley of zucchini, mushrooms, peppers and tomato in a nut free pesto with parmesan cheese  Fresh melon salad	<b>Likeable Lentil Soup</b> made with carrots, celery, corn, peas, butternut squash, yams, lentils and a savoury Masala broth  Yogurt Parfait	<b>Deconstructed Stuffed Peppers</b> with tomato, mushrooms, peppers, broccoli, beef and steamed rice,  <b>Vegetarian Deconstructed Stuffed Peppers</b>  Spiced Rustic Applesauce	<b>Spanish Paella</b> based on the traditional dish this paella will be made from Chicken, sausage and whitefish with a medley of vegetable and flavourful steamed rice  <b>Vegetable Paella</b>  Bizcocho de Aceite (Spanish cake)	<b>Lasagne Bolognese</b> layers of cheese, noodles and a beef mushroom spinach tomato sauce  <b>Fresh vegetable lasagne</b>  Tropical Fruit salad
<b>Afternoon tea</b> 	Oatmeal Chocolate Cookies with fresh fruit	Peach Pie Dip with graham crackers and fresh fruit	Very berry En croute with fresh fruit	Classic Hummus with cucumber coins and whole grain crackers	Belgium Chocolate Breads with fresh fruit
<b>CFG daily requirements</b>  <b>4</b>  <b>3</b>  <b>2</b>  <b>1</b>	An afternoon snack of sugar free cookies sweetened with honey and chocolate chips packed with oats and baked golden	Banana fritters are naturally sweetened with ripe banana, and honey.  Peach dip is made from apples and peaches pureed smooth for dipping fun with fresh fruit and whole wheat graham crackers	Mini muffins made with maple syrup, carrots and ginger.  A medley of berries in a light and flaky pastry drizzled with honey and baked fresh	Double chocolate cake is made with rich coco and honey for a decadent lunch dessert	Belgium chocolate loaf is made from fresh baked, homemade sourdough bread infused with chocolate

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