



Week commencing May 9, 2022

|   | Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
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| <b>Morning Snack</b><br>  | 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><br>  | <b>Pesto Primavera Pasta</b> with a medley of zucchini, mushrooms, peppers and tomato in a nut free pesto with parmesan cheese<br><br>Fresh melon salad | <b>Likeable Lentil Soup</b> made with carrots, celery, corn, peas, butternut squash, yams, lentils and a savoury Masala broth<br><br>Yogurt Parfait  | <b>Deconstructed Stuffed Peppers</b> with tomato, mushrooms, peppers, broccoli, beef and steamed rice,<br><br><b>Vegetarian Deconstructed Stuffed Peppers</b><br><br>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<br><br><b>Vegetable Paella</b><br><br>Bizcocho de Aceite (Spanish cake) | <b>Lasagne Bolognese</b> layers of cheese, noodles and a beef mushroom spinach tomato sauce<br><br><b>Fresh vegetable lasagne</b><br><br>Tropical Fruit salad |
| <b>Afternoon tea</b><br>  | 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><br> <b>4</b><br> <b>3</b><br> <b>2</b><br> <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.<br><br>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.<br><br>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