










Week commencing December 8, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b> 	Multi Grain Cereal Bowl with fresh fruit	Mini Croissants with fresh fruit	Apple Pie Oatmeal Bowl with fresh fruit	Mushroom and Mozza Egg Bites with fresh fruit	Banana Mini Muffins with fresh fruit
<b>Lunch</b> 	Vegetable Chilli made with braised beans, tomato, seasonal vegetables, spinach and winter squash served with fresh baked focaccia  Winter Melon Salad	Tuna and Dill Chowder with potato, corn, peas, carrots, celery, cauliflower and herbs. Served with fresh baked breads  Spiced Rustic Applesauce	Pasta Pomodoro with zucchini, mushrooms, tomato and spinach in a rich tomato  Double Chocolate Cake	Vegetable Curry made with a medley of carrots, celery, mushroom, peas, cauliflower, corn, broccoli and squash in a mild yellow curry gravy served with Naan bread  Vanilla Bean and Honey Custard	Sweet and Sour Meatballs with steamed rice traditional Swedish style meatballs braised in a creamy espagnole sauce with steamed rice and broccoli  Tropical Fruit Salad
<b>Afternoon tea</b> 	Tzatziki dip with vegetable coins and crackers	Traditional Hummus with cucumber coins and crackers	Appleberry Dip with graham crackers and sliced apples	Cheddar Biscuit with fresh fruit	Raspberry Oat Squares with fresh fruit
<b>CFG daily requirements</b>  4  3  2  1		Miniature buttery croissants are baked fresh with no sugar.	Rich cocoa in a low sugar cake batter, baked fresh for a light and fluffy dessert.	Low sugar custard is made with local honey and vanilla for a smooth, creamy dessert  Cheddar biscuits are made with sharp cheese and baked fresh	Classic banana muffin is sweetened with ripe fruit and maple syrup .  Pureed apple and raspberry top a oat and honey base

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