



Week commencing March 2, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 	Croissants with fresh fruit	Granola Bars with fresh fruit	Apple and Flax Breakfast Fritter with fresh fruit	Cranberry Orange Chia Loaf with fresh fruit	English Breakfast Casserole with fresh fruit
Lunch 	Chicken and Rice soup with roasted chicken, seasonal vegetables and steamed rice, served with fresh baked breads Carrot Cake	Vegetable Curry made with seasonal vegetables stewed in a mild yellow curry with tender green lentils, served with Naan breads Fruit Salad	Vegetable Fried Rice with seasonal vegetables, steamed white rice and whole egg Vanilla Yogurt Parfait	Macaroni Marinara tender macaroni pasta with spinach, mushrooms and tomato in a savoury red sauce Fresh Melon Salad	Bangers and Mash mild sausage with creamed potatoes and a mixed vegetable medley with gravy Applesauce
Afternoon tea 	Tzatziki and Pita with cucumber coins	Spinach infused Hummus with vegetable coins and crackers	Raisin Tea Biscuits with fresh fruit	Apple Pie Dip with graham crackers and fresh fruit	Manchester Tarts with fresh fruit
CFG daily requirements  4  3  2  1	Mini Croissants are fresh baked, sugar free and served with fruit	Homemade granola bars are packed full of hemp hearts, hulled seeds, dates, coconut and honey	Sugar free fritters with honey, ripe banana, shredded apple, spices and oats. Raisin tea biscuits baked fresh with naturally sweet golden raisins.	Rustic loaf with chia seeds, apricots and orange zest.	Breakfast casserole of potato hash, fresh eggs, smoked ham, sautéed veggies and spinach tossed and baked until golden. Manchester tarts are a traditional British pastry with baked custard, and raspberry

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