










Week commencing June 2, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b> 	Summer Berry mini muffins with fresh fruit	Maple, Flax and Apple Oatmeal bowl with fresh fruit	Mushroom and Spinach Egg Bites with fresh fruit	Homemade Cinnamon Bagels with fresh fruit	Spiced Oat mini muffins with fresh fruit
<b>Lunch</b> 	Alfredo Pasta with seasonal vegetables and tender pasta in a garlic parmesan sauce served with fresh baked Focaccia	Summer Chowder with seasonal squash, carrot, celery, onion, garlic, peas, corn and potato in a savoury yam puree	Pasta Marinara with Lentils, spinach, mushrooms, tomato and tender macaroni	CowBoy Rice and Bean salad made from steamed white rice, black beans, carrots, cucumber, peppers, tomato and cheddar cheese	Locro de Papa a creamy potato stew made with seasonal vegetables and authentic spices.
	Applesauce	Fresh Fruit Salad	Yogurt Parfait	Tropical Fruit Salad	Spiced Carrot Cake
<b>Afternoon tea</b> 	Classic chocolate Cookies with fresh fruit	Garden Hummus with vegetable coins and fresh fruit	Raspberry Scones with fresh fruit	Appleberry Oat Squares with fresh fruit	Black bean and Corn Salsa with tortillas and vegetable coins
<b>CFG daily requirements</b>  <b>4</b>  <b>3</b>  <b>2</b>  <b>1</b>	Classic chocolate chip cookies are made with reduced sugar, local honey and real chocolate baked fresh	Hummus made from garbanzo beans is infused with spinach and roasted peppers.	Raspberry scones are packed full of ripe berries, made sugar free and baked fresh	A puree of apple and raspberry on a oat and honey base for a naturally sweet and fun afternoon snack	Sweetened with applesauce and local honey, spices add lots of flavour to a sugar free muffin.  Carrot Cake is made sugar free with local honey and shredded carrots, cinnamon and whole flour

\*Additional snack foods are available as needed (i.e. crackers, digestive cookies, bread sticks etc)

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