



Week commencing November 17, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 	Morning Glory Mini Muffins with fresh fruit	Croissants with fresh fruit	Apple Oat Loaf with fresh fruit	Breakfast Casserole with fresh fruit	Multi Grain Cereal Bowl with fresh fruit
Lunch 	Alfredo Primavera made with seasonal vegetables and tender macaroni in a savoury garlic cream sauce Spiced Applesauce	Danish root vegetable Soup is a vegetable based broth soup featuring seasonal root vegetable, potato, spinach and winter squash. Fresh Fruit Salad	Pasta Marinara with zucchini, mushrooms, spinach and fresh pasta in a rich marinara served with fresh baked rolls Honey Chia Custard	Mushroom Barley Stew with crimini and portobello mushrooms, corn, carrots, celery, peas, and tender barley in a savoury mushroom gravy Yogurt and Fruit Trifle	Sausage and Navy Bean Casserole made with farmers sausage, white beans, tomato and broccoli smothered in shredded cheese Vegetarian; Broccoli bean casserole Fresh Fruit Salad
Afternoon tea 	Black Bean Brownies with fresh fruit	Spinach Dip with vegetable coins and crackers	Snickerdoodle Cookies with fresh fruit	Sweet Potato Maple Tarts with fresh fruit	Pizza Friday homemade cheese pizza served with fresh fruit
CFG daily requirements  4  3  2  1	Morning glory muffins are sweetened with honey and packed full of nutrition Brownies are made with a reduced sugar content, black bean puree and baked fresh		Fresh apples, honey and spice in a low sugar, oat filled morning snack. Snickerdoodle cookies are made with a reduced sugar content and full of spice	Breakfast casserole is packed with eggs, potato hash, spinach and cheddar cheese. Slow roasted yams, pumpkin spice and a touch of maple make a nutritious filling for mini tarts.	Homemade pizza dough baked fresh with classic pizza sauce and shredded mozzarella.

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