



Week commencing February 9, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 	Whole Grain Cereal Bowl with fresh fruit	Lemon Blueberry Loaf with fresh fruit	Banana Pie Oatmeal with fresh fruit	Granola Breakfast Bars with fresh fruit	Very Berry Mini Muffins with fresh fruit
Lunch 	Split Pea Soup with seasonal root vegetables, peas, carrots, fresh herbs and fresh baked bread Appleberry Parfait	Pasta Lentil Bolognese made with savoury red lentils with zucchini, spinach and mushrooms in a tomato marinara with fresh baked rolls Yogurt Parfait	Kefta Mkaouara Meatballs simmered in a rich tomato sauce with mild spices and seasonal vegetables, served with steamed rice Makroud (date filled pastry)	Autumn Chili with braised beans, tomato, root vegetable, spinach, squash and mild spices Melon Salad	Pasta Bakewith tender macaroni, tomato, spinach, mushrooms and zucchini topped with melted mozzarella Spiced Applesauce
Afternoon tea 	Black Bean Brownies with fresh fruit	Tomato Salsa with vegetable coins and crackers	Raisin Tea Biscuits with fresh fruit	Garden Hummus with cucumber coins and whole grain crackers	Raspberry Honey Heart Cookies with fresh fruit
CFG daily requirements  4  3  2  1	Our black bean brownies are made with pureed beans, cocoa and sweetened with a minimal amount of real honey.	Ripe blueberries add natural sweetness to an enriched muffin batter	Golden raisins are poached and added to a soft biscuit for a natural sweetness and baked until golden brown. Makroud cookies are made with a minimal sugar content and simmered dates with a citrus undertone.	Granola breakfast bars are packed full of oats, flax, chia, hemp hearts, sunflower seeds, golden raisins, stewed dates and local honey	Mixed red berry puree adds a natural sweetness and colour to a nutritious morning snack. Raspberry infused honey continues our valentines theme in a fun, sugar reduced heart shaped cookie

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