










Week commencing June 23, 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b> 	Whole Grain Cereal Bowl with fresh fruit.	French Toast Monkey Bread with fresh fruit.	Cheddar Bagels with fresh fruit.	Granola Breakfast roundies with fresh fruit.	Lemon Cranberry loaf with fresh fruit.
<b>Lunch</b> 	Baked Ziti Casserole with tender pasta, tomato, mushrooms and zucchini smothered in mozzarella cheese.  Melon Salad	Split Pea and Couscous soup with seasoned couscous, peas, carrots, fresh herbs, with fresh baked breads.  Vegetarian split Pea Soup  Banana Custard	Sausage and Navy Bean Casserole with farmers sausage, white beans, carrots, celery, corn, peas, tomato and broccoli topped with cheddar cheese.  Summer Peach Apple Sauce	Pasta Marinara with tomato, lentils, spinach and tender pasta in a rich marinara sauce with homemade rolls.  Yogurt and fruit Parfait	Curried Vegetable Rice Bowl made with seasonal vegetables and steamed rice in a mild yellow curry served with Naan breads.  Tropical Fruit Salad
<b>Afternoon tea</b> 	Hearty Crunch Cookies with fresh fruit.	Spinach Dip with vegetable coins and whole grain crackers.	Appleberry Dip with graham crackers and fresh fruit.	Roasted Red Pepper Hummus with cucumber coins and whole grain crackers.	Cheese and Crackers with fresh fruit.
<b>CFG daily requirements</b>    	Hearty and healthy crunch cookies made with whole grain flour, hemp hearts, pumpkin seeds and sweetened with honey.	Pull apart monkey breads are made using whole wheat flour, spices and maple syrup glaze.	Homemade bagels with mild cheddar cheese baked fresh.	Homemade granola bars are packed full of seeds, coconut, raisins and sweetened with stewed dates.  Roasted peppers and garbanzo beans are pureed smooth with lemon and spice.	Mini muffins are made with reduced sugar content, rehydrated cranberries, lemon zest and honey.

\*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