



Week commencing January 19, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 	Banana Mini Muffins with fresh fruit	Mini Croissants with fresh fruit	Apple Pie Oatmeal Bowl with fresh fruit	Raspberry Chia breakfast biscuit with fresh fruit	Multi Grain Cereal Bowl with fresh fruit
Lunch 	Vegetable Chilli made with braised beans, tomato, spinach, seasonal vegetables, and winter squash, served with fresh baked focaccia Winter Melon Salad	Japanese Miso Udon in a savoury vegetable broth with bok choy, carrot, celery, onion, miso paste and udon noodles Spiced Rustic Applesauce	Macaroni Marinara with zucchini, mushrooms, tomato and spinach in a rich tomato sauce. Double Chocolate Cake	Vegetable Curry a medley of carrots, celery, mushroom, cauliflower, broccoli, peas, corn and squash in a mild yellow curry gravy served with Naan bread Coconut Cream Pie	Swedish Meatballs with steamed rice traditional Swedish style meatballs braised in a creamy espagnole sauce with steamed rice and Broccoli Tropical Fruit Salad
Afternoon tea 	Tzatziki dip with vegetable coins and crackers	Cheddar Biscuit with fresh fruit	Appleberry Dip with graham crackers and sliced apples	Traditional Hummus with cucumber coins and crackers	Raspberry Oat Squares with fresh fruit
CFG daily requirements 4 3 2 1	Classic banana muffin is sweetened with ripe fruit and maple syrup.	Cheddar biscuits are made with sharp cheese and baked fresh		Mini pies with toasted coconut, sweetened with coconut milk and vanilla	Pureed apple and raspberry top a oat and honey base

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