










Week commencing November 6, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 	Multi Grain Cereal Bowl with fresh fruit	Banana Loaf with fresh fruit	Carrot Ginger mini muffins with fresh fruit	Maple Flax Oatmeal Bowl with fresh fruit	Yogurt Granola Parfait with fresh fruit
Lunch 	Pesto Primavera Pasta with a medley of zucchini, mushrooms, peppers and tomato in a nut free pesto with parmesan cheese Fresh Melon Salad	Deconstructed Stuffed Peppers with tomato, mushrooms, peppers, broccoli, black beans and steamed rice, Cinnamon Sponge Cake	Likeable Lentil Soup made with carrots, celery, corn, peas, butternut squash, yams, lentils and a savoury masala broth Spiced Rustic Applesauce	Spanish Paella based on the traditional dish, using sausage and whitefish with a medley of vegetables and flavorful steamed rice Vegetarian Black bean Paella available Banana Custard	Lasagna Bolognese layers of cheese, noodles and a beef mushroom spinach tomato sauce Vegetable Lasagna available Tropical Fruit Salad
Afternoon tea 	Oatmeal Chocolate Cookies with fresh fruit	Sweet Potato Pie Dip with graham crackers and fresh fruit	Date Squares with fresh fruit	Classic Hummus with cucumber coins and whole grain crackers	Belgium Chocolate Breads with fresh fruit
CFG daily requirements  4  3  2  1	An afternoon snack of sugar free cookies sweetened with honey and chocolate chips packed with oats and baked golden	Banana Loaf is naturally sweetened with ripe banana, and honey. Cinnamon sponge cake is made with honey vanilla and spice Dip is made from apples and slow roasted yams pureed smooth for dipping fun with fresh fruit and whole wheat graham crackers	Mini muffins made with maple syrup, carrots and ginger. Dates simmered in orange juice are naturally sweet on top of a whole oat base		Belgium chocolate loaf is made from fresh baked, homemade sourdough bread infused with chocolate

*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