



Week commencing September 14, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 	Whole Grain Cereal Blend with Fresh Fruit	Bacon and Cheddar Egg bites with fresh Fruit	Maple Flax Oatmeal with fresh fruit	Very Berry Loaf with Fresh Fruit	Hearty Breakfast Cookie with fresh fruit
Lunch 	Mushroom and Broccoli Pasta Alfredo with Con noodles and parmesan cheese in a light cream sauce Banana Custard	Vegetable Curry with Rice a mild yellow curry of seasonal vegetables, potato, yams and steamed rice served with Naan Spiced Rustic Apple Puree	Pasta Bolognese with Fusilli, Tomato, Spinach in a Lentil Bolognese Sauce served with Fresh Baguette Tropical Fruits Salad	Corn Chowder with Potatoes, Peas, Carrots, Yams, Squash, Corn and Okra served with house made crusty roll Honey Chia Pudding	Herb Encrusted Pork roast with steamed rice and vegetable medley Double Chocolate Cake
Afternoon tea	Spinach Dip with Pita and Crudités	Cheddar Biscuits with fresh fruit	Rice Krispie Squares with fresh fruit	Cheesy Queso Dip with Pretzels and cucumber coins	Tomato Black Bean Salsa with tortilla chips and cucumber coins
CFG daily requirements  4  3  2  1	Banana custard is made inhouse with reduced sugar, ripe fruits and spice.	Homemade biscuits are freshly baked, soft, flakey with shard cheddar cheese.	Puffed rice and low sugar vegan marshmallow combine for a favourite snack	Fresh ripe berries, vanilla, chia and honey make a colourful morning snack.	Breakfast cookies are loaded with seeds, dried fruit, coconut and whole grain oats

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