










Week commencing November 28, 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 	Whole Grain Cereal Bowl with Fresh Fruit	Pumpkin Pie Oatmeal Bowl with fresh fruit	Chocolate Zucchini mini muffin with Fresh Fruit	Classic Banana Bread with Fresh Fruit	Cheddar Croissants served with fresh fruit
Lunch 	Pasta Pomodoro with Seasonal Vegetables in a light Tomato sauce with fresh Baguette Rustic Spiced Applesauce	Tex Mex Rice and Bean Bowl with steamed white rice, blackbeans, navy beans, corn, peas, tomato, peppers and cheddar cheese with a savoury mild taco sauce Melon Salad	Swedish Meatballs with Rice Pilaf and steamed vegetable medley Falafel with pilaf and vegetable medley Appleberry Parfait	Likeable Lentil Soup with peas, celery, carrots, corn, green lentils and fresh baked rolls Fruit Salad	Beef Barley Stew with Roasted Beef, Savoury Barley, Crimini, carrots, celery, peas, corn and a rich broth Mushroom Barley Stew Banana Tarts
Afternoon tea 	Chocolate Chia Cookies with fresh fruit	Swiss Chocolate Bread with fresh fruit	Spinach Dip with whole grain crackers and crudités	Date Squares with fresh fruit	Chefs Savoury Snack Mix with fresh fruit
CFG daily requirements  4  3  2  1	Chia seeds and Honey in a sugar free cookie base for a tea time favourite.	Swiss milk chocolate in homemade bread - a traditional street food in Switzerland	Rich Cocoa, fresh zucchini, spices and honey for a tender fresh baked morning snack.	Traditional Banana bread is naturally sweetened, moist, fresh and a homemade classic. Dates simmered in orange juice are naturally sweet, full of fibre, antioxidants and many nutrients baked onto a buttery oat base.	Dessert tarts made with Ripe bananas add a natural sweetness to homemade custard with just the right amount of spices.

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