



Week commencing **October 26, 2026**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack 	Whole Grain Cereal Blend with Fresh Fruit	Bacon and Spinach 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 Double Chocolate Cake	Vegetable Curry with Rice a mild yellow curry of seasonal vegetables, potato, yams and steamed rice served with Naan Tropical Fruits Salad	Pasta Bolognese with Fusilli, Tomato, Spinach in a Lentil Bolognese Sauce served with Fresh Baguette Spiced Rustic Apple Puree	Tomato Bisque ripe tomatoes, seasonal vegetables blended until smooth with fresh herbs and served with house made crusty roll Honey Chia Pudding	Mac n' Cheese Tender macaroni noodles in our 3 cheese mornay sauce served with vegetable coins Very Berry Yogurt Parfait
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	Rich cocoa and reduced sugar content in a light sponge cake.	Homemade biscuits are freshly baked, soft, and flaky with sharp 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