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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b> 	Whole Grain Cereal Blend with Fresh Fruit  Water	Mini Carrot Spice Muffins with fresh Fruit  Water	Frittata with Potato, Cheddar and Spinach  Water	Banana Loaf with Fresh Fruit  Water	Classic French Toast with Maple Syrup and Fresh Fruit  Water
<b>Lunch</b> 	<b>Fall Harvest Chilli</b> with Roasted Yams, Squash, Tomato, Spinach and seasonal Vegetables in a savoury Bean Medley  Fresh Melon Salad  Milk	<b>Baked Mac n' Cheese</b> 3 Cheese blend with Elbow Pasta baked golden brown and served with a crisp Garden Salad in Zesty House Dressing  Spiced Rustic Applesauce Milk	<b>Sausage and Bean Casserole</b> with Navy Beans, Farmers Sausage, Tomato and Root Vegetables topped with Roasted Broccoli and Cheddar Cheese <b>Navy Bean and Root Vegetable Casserole</b>  Tropical Fruits Salad Milk	Mediterranean Couscous and Dahl A mild Red Lentil; Dahl with Coconut Milk and Couscous with Fresh Cucumber, Tomato, Parsley and Tarragon Dressing served with Naan Breads  Vanilla Custard Milk	<b>Pasta Bolognese</b> with Fusilli, Tomato, Spinach in a Lentil Bolognese Sauce served with Fresh Baguette  Fruit Salad Milk
<b>Afternoon tea</b> 	Double Chocolate Cookies with Fresh Fruit  Water	Apple Berry Oat Bar with Fresh Fruit  Water	Rice Crispy Treats with Fresh Fruit  Water	Cheddar Cheese Biscuit with Fresh Fruit  Water	Glazed Cinnamon Buns with Fresh Fruit  Water
<b>CFG daily requirements</b>  4  3  2  1	<b>CFG daily requirements</b>  4  3  2  1	<b>CFG daily requirements</b>  4  3  2  1	<b>CFG daily requirements</b>  4  3  2  1	<b>CFG daily requirements</b>  4  3  2  1	<b>CFG daily requirements</b>  4  3  2  1

\*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