

Week of 05/11/2026 (2) .

# Weekly Menu





	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM Snack</b> 8:00 am	Cottage cheese(d), blueberries	Babybel cheese(d), grapes	Cereal(g) with milk(d)	Apple sauce, pita bread(g)	Cheese sticks(d), oranges
<b>Breakfast</b> 10.00 am	Cereal(g) with milk(d), apple wedges	Oatmeal (g,d), blueberries	Waffles(g,d,e), sour cream(d) apple wedges	Omelet (e,d), avocado	Turkey and cheese (d) sandwiches (g), cucumbers
<b>Lunch</b> 12.00 pm	Chicken barley(g) soup, sour cream(d), whole grain bread(g), cucumbers, grapes	Beef chili, pita bread(g), tomatoes , apple wedges	Turkey and carrots meatloaf(g,d), cous cous(d,g), broccoli blueberries	Beef pilaf , cucumbers, oranges	Pasta pesto(g,d) with chicken tomatoes, grapes
<b>Vegetarian option</b>	Vegetarians barley (g)soup with tofu	Quinoa with vegetables and beans	Vegetables stew with cous cous(g) and tofu	Rice with vegetables and beans	Pasta(g) with vegetables and chickpeas
<b>PM Snack</b> 3.00 pm	Babybel cheese(d), oranges	Cucumbers, carrots, with hummus	Plain yogurt (d), clementines	Carrots, celery with hummus	Mango, spinach and bananas smoothie(d), apple wedges
<b>Late PM snack</b> 05:00pm	Spaghetti with spinach sauce(g)	Blueberry muffins (d,e,g)	Chicken Alfredo pizza(d,e,g)	Cottage cheese pancakes(d,e,g), apple sauce	Home-made buns (g,d), clementines

Menu is followed as closely as possible. Occasionally deliveries are incomplete, or food is spoiled, and changes are required. All menu changes will be communicated to parents on the Bright Wheel app immediately.

Dairy products, beef, chicken, eggs and bread are organic depending on availability.

Whole milk (toddlers only) and 1% milk is provided daily with breakfast and lunch.

(e) - contains eggs,   
 (d) - contains milk, dairy product,   
 (g) - contains gluten 

\* Home-brought milk must be sealed. Child's name, class name and date when milk was brought to school must be written on the box.

Home-brought milk is stored at school for 6 days and is discarded on the 7th day.