

Chabad Malvern Creche

Week 1 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Vita Brits & Milk Butter Sandwiches	Vita Brits & Milk Butter Sandwiches	Vita Brits & Milk Butter Sandwiches	Vita Brits & Milk Butter Sandwiches	Vita Brits & Milk Butter Sandwiches
Morning Tea	Milk Fruit platter	Fruit Platter Milk	Milk Apple Sauce and Natural Yoghurt and Bananas	Milk Fruit Platter	Challah Fruit Kebabs
Lunch	Tuna Casserole with Cheese Sweet potato and potato wedges	Curry with chickpeas, pumpkin and brown rice	Corn Fritters with Mashed Potatoes Cucumber and Capsicum Vegetable Platter	Slow cooked baked beans with wholegrain toast and steamed greens	Grated Cheese Minestrone Soup
Afternoon Tea	Pita Bread Egg Dip Cream Cheese dip Avocado Dip	Yoghurt with Berry Coulis Sliced Apples & Bananas	Spinach and quinoa patties	Healthy carrot cake Sliced Cheese	Pancakes with Mixed Berries

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Week 2 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Vita Brits & Milk Butter Sandwiches	Vita Brits & Milk Butter Sandwiches	Vita Brits & Milk Butter Sandwiches	Vita Brits & Milk Butter Sandwiches	Vita Brits & Milk Butter Sandwiches
Morning Tea	Fruit Platter Milk	Milk Raisin Toast Sliced Cheese	Fruit Platter Milk	Fruit Platter Milk	Milk Challah Assorted Fruit Sliced cheese
Lunch	Vegetable soup with couscous Hard Boiled Eggs	Tuna, spinach and mushroom rice patties Vegetable Platter Roast Capsicum dip	Lentil burgers Vegetable Platter Basmati Rice	Veggie Con Carne Steamed Vegetables Grated cheese	Fruity Island Curry Rice Noodles
Afternoon Tea	Pumpkin and chia muffins	Bliss balls Fruit platter	Banana bread Sliced Cheese	Avocado and cream cheese Sandwiches	Vegetarian pizza

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Week 3 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Vita Brits & Milk Butter Sandwiches	Vita Brits & Milk Butter Sandwiches	Vita Brits & Milk Butter Sandwiches	Vita Brits & Milk Butter Sandwiches	Vita Brits & Milk Butter Sandwiches
Morning Tea	Fruit Platter Milk	Vegetable Platter Milk	Fruit Platter Milk	Fruit Platter Milk	Assorted Fruit Challah Milk
Lunch	Meat Free Bolognese (Quorn) with Rich Tomato Sauce and Spaghetti Roasted Zucchini	Vegetable and Tofu Fried Rice Cucumber and Capsicum Vegetable Platter	Fish Fingers Steamed Vegetables Basmati Rice	Pumpkin and Lentil Soup with Toast Corn on the cob with cheese	Pita with Tuna and Avocado dips Sliced cheese Cucumber and Capsicum Vegetable Platter
Afternoon Tea	Spinach, Pumpkin, Corn and Pasta muffins	Yoghurt with Berry Coulis Granola	Apple and Zucchini Muffins Sliced Cheese	Banana bread Assorted fruit	Apple crumble