

Chabad Malvern Creche Menu

Week one	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 1 Milk	Milk Raisin Toast Sliced Cheese	Fruit Platter 1 Milk	Fruit Platter 3 Milk	Milk Challah Assorted Fruit Sliced cheese
Lunch	Vegetable soup with couscous Hard Boiled Eggs	Tuna, spinach and mushroom rice patties Vegetable Platter 1	Lentil burgers Vegetable Platter 1 Basmati Rice	Veggie Con Carne Steamed Vegetables grated cheese	Fruity Island Curry Rice Noodles
Afternoon Tea	Pumpkin and chia muffins	Bliss balls Fruit platter 2	Banana bread Sliced Cheese	Avocado and cream cheese Sandwiches	Vegetarian pizza

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Week two	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 3 Milk	Vegetable Platter 1 Milk	Fruit Platter 1 Milk	Fruit platter 2 Milk	Assorted Fruit Challah Milk
Lunch	Vegetable and Tofu Fried Rice Cucumber and Capsicum Vegetable Platter	Meat Free Bolognese (Quorn) with Rich Tomato Sauce and Spaghetti Roasted Zucchini	Fish Fingers Steamed Vegetables Basmati Rice	Pumpkin and Lentil soup with Toast Corn on the cob with cheese	Pita with egg, tuna and avocado dips Sliced cheese Cucumber and Capsicum Vegetable Platter
Afternoon Tea	Spinach, Pumpkin, Corn and Pasta muffins	Banana bread Assorted fruit	Apple and Zucchini Muffins Sliced Cheese	Yoghurt with Berry Coulis Granola	Apple crumble

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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 Vegetable Platter with Hummus Hard Boiled Eggs	Fruit Platter 1 Milk	Milk Apple sauce and Natural Yoghurt and bananas	Milk Fruit Platter 1	Challah Fruit Kebabs
Lunch	Tuna Casserole with Cheese Sweet potato and potato wedges	Corn Fritters with Mashed Potatoes Cucumber and Capsicum Vegetable Platter	Curry with chickpeas, pumpkin and brown rice	Slow cooked baked beans with wholegrain toast and steamed greens	grated cheese Minestrone Soup
Afternoon Tea	Yoghurt with Berry Coulis Sliced Apples & Bananas	Pita Bread Egg Dip Tuna Dip Cream Cheese dip	Spinach and quinoa patties	Healthy carrot cake Sliced Cheese	Pancakes with mixed berries (Fri)