

Creative Beginnings Childcare Centre - Baden – Summer 2023

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Wholegrain Cereal Fruit Milk	Wholegrain Toast Homemade Chia Jam & Sun butter Fruit Milk	Homemade Smoothie Homemade Energy Bites Water	Wholegrain Bagels Cream cheese Fruit Milk	Homemade Oatmeal Fruit Milk
Lunch	Red Lentil Dal Brown Rice Veg. Fruit Milk	Beef Bowlrito (rice, tomatoes, guacamole, cheese, plain yogurt) Fruit Milk	Whole grain Chicken Salad Wraps Veg. Sticks Fruit Milk	Baked Fish Potato Gnocchi Veg. Fruit Milk	Grilled Cheese Veg. Sticks Hummus Fruit Milk
PM Snack	Cheese Cucumber Wholegrain Crackers Water	Sweet Potato Dip Wholegrain Pita Veg. Sticks Water	Plain Rice Cakes WOW butter Fruit Water	Nacho chips Homemade Corn Salsa Fruit Water	Unsweetened applesauce Graham crackers Water

Allergies: Children with allergies and/or food intolerances/restrictions are provided a tailored version of the regular menu to meet their individual needs.

WW Breads may include: Whole wheat or whole grain bread/buns/rolls/pitas/tortillas/naan

Cereals may include: Multi-Grain Cheerio's, Vector, Shreddies, Whole Grain Rice Crispies

Fruit: Seasonal and local when possible

Water is freely available throughout the day

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Wholegrain Cereal Fruit Milk	Wholegrain toast Homemade Chia jam WOW butter Fruit Milk	Plain Greek yogurt Homemade granola Fruit Water	Homemade Wholegrain muffins Fruit Water	Wholegrain English muffins Cheese Fruit Water
Lunch	Wholegrain Tuna melts Summery Chickpea salad Fruit Milk	Chicken Gyros Wholegrain pita Tomato and Cucumber salad Tzatziki dip Fruit Milk	Homemade Beef burgers Watermelon salad Fruit Milk	Homemade Pumpkin Mac'n cheese with peas Veg. Fruit Milk	Roasted Veggie pizza Veg. sticks Hummus Fruit Milk
PM Snack	Nacho chips Salsa Shredded cheese Fruit Water	Homemade Chia pudding Fruit Water	Homemade black bean brownies Fruit Water	Wholegrain crackers Cheese Fruit Water	Wholegrain toast WOW butter Fruit Water

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Wholegrain Cereal Fruit Milk	Homemade Smoothie Wholegrain toast WOW butter	Wholegrain bagel Cream cheese Fruit Water	Homemade Energy bites Fruit Water	Homemade Oatmeal Fruit Milk
Lunch	Wholegrain Lemon Dilly Pasta (with peas and asparagus) Veg. Fruit Milk	Homemade Turkey patties Vegetable Frittata Wholegrain bread Fruit Milk	Pork Souvlaki Greek lentil salad Naan Fruit Milk	Japachae (Beef strips, sweet potato noodles, spinach, mushrooms, carrots) Brown rice Fruit Milk	Turkey Chili Homemade Wholegrain Cheese biscuits Veg. Fruit Milk
PM Snack	Plain rice cakes Cream cheese Fruit Water	Veg. Sticks Hummus Wholegrain pita Cheese Water	Baked apples with hemp hearts Plain Greek yogurt Water	Cheese Wholegrain crackers Cucumber Water	Homemade Greek yogurt bark Fruit Water

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Wholegrain Cereal Fruit Milk	Wholegrain English muffins Homemade Chia jam WOW butter Fruit Milk	Homemade Overnight Oats Fruit Water	Wholegrain Homemade Pancakes Fruit Milk	Homemade Energy bites Homemade Smoothie Water
Lunch	Homemade Tomato soup Homemade Wholegrain Cheddar biscuits Veg. sticks Fruit Milk	Charcuterie (roasted chicken, baguette, cheese, veg. sticks, hummus, pickles) Fruit Milk	Homemade Chicken Nuggets Homemade Oven frieseg. Milk	Butternut Squash Carbonara Veg. Fruit Milk	Wholegrain Turkey, cranberry, cheese and spinach wraps Veg. Sticks Fruit Milk
PM Snack	Homemade Chickpea salad Plain rice cakes Fruit Water	Spinach dip Pumpernickel or dark rye bread Fruit Water	Wholegrain English muffins Pizza sauce Shredded cheese Fruit Water	Homemade Fruit salad Rice cakes WOW butter Water	Homemade WOW butter dip Fruit Water

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