



Spring Menu

Week 2, 2019

Yum!

	Morning Tea	Lunch	Afternoon Tea
Mon	Fruit Muffins	Curried Sausages with Vegetables & Rice Locally sourced beef sausages served with fresh vegetables steamed rice	Fruit Salad
Tue	Toast	Mediterranean Chicken and Vegetables Roasted chicken served with fresh vegetables served on bed of couscous	Homemade Tzatziki Dip with Homemade Pita Bread Fresh Fruit Option
Wed	Fresh Apple & Cinnamon in Yogurt with Honey	Mixed Sandwiches Wholemeal bread, buttered with a mix of meat, salad and cheese	Spinach and Cheese Muffins Fresh Fruit Option
Thur	Fresh Fruit with Apricot Dip	Vegetarian Lentil Bolognese In season vegetables diced and cooked with tomatoes mixed with lentils, fresh herbs and pasta	Creamy Corn and Tuna Dip with Vegetable Sticks and Wholemeal Crackers Fresh Fruit Option
Fri	Fresh Fruit Platter	Beef Chili Con Carne Locally sourced beef with onions, kidney beans, grated carrot and homemade Mexican spices	Apple & Cinnamon Scrolls Fresh Fruit Option

Breakfast

Is offered from 7 am to 7.45am;
cereal, fruit and toast.

(GF) Gluten Free Option
Available As Substitute

Beverages

Water is offered to children
all through out the day.

Additional Dietary Requirements

We cater for dairy and gluten free options and can cater for other dietary options where needed. At Choklits we aim to reduce added sugar in all our recipes and look to use natural sweet options. Please note we do not use nuts in our cooking and we endeavor to be a nut free centre.