

Spring Menu

Week 3, 2019

Yum!

	Morning Tea	Lunch	Afternoon Tea
Mon	Fruit Muffins	Tuscan Pork Spiral Pasta and Vegetables Locally sourced pork mince cooked with mixed vegetables served with pasta	Pop Corn and Dried Fruit Fresh Fruit Option
Tue	Fresh Strawberries and Yoghurt	Vegetarian Fried Rice Fried mixed vegetables served with rice, egg and salt reduced soy sauce	Cheese, crackers and Dried Fruit Fresh Fruit Option
Wed	Toast	Soft Beef Tacos with Salad Locally sourced beef, onion, kidney beans, grated carrot and homemade Mexican spices served in tacos with salad	Apple and Strawberry Muffins Fresh Fruit Option
Thur	Fresh Fruit Platter	Chicken and Pasta Free range chicken breast mince, chopped mixed vegetables served with pasta	Homemade Chickpea and Beetroot Dip with Vegetable Sticks and Crackers Fresh Fruit Salad
Fri	Fresh Fruit Platter	Mixed Sandwiches Wholemeal bread, buttered with a mix of meat, salad and cheese	Blueberry and Coconut Slice 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.