

Spring Menu

Week 4, 2019

Yum!

	Morning Tea	Lunch	Afternoon Tea
Mon	Fresh Fruit Platter	Spaghetti Bolognaise Made with locally sourced beef mince and chopped vegetables, served with tomato sauce and pasta	Cheese and Chive Muffins Fresh Fruit Option
Tue	Bacon and Sun Dried Tomato Muffins	Chicken Mince San Choy Bou Free range chicken breast mince, chopped mixed vegetables stir fried with Asian spices served lettuce cup	Cheese and Dried Fruit Fresh Fruit Option
Wed	Fresh Blueberries and Yoghurt	Mexican Pork with Rice and Vegetables Beef, beans and mixed vegetables, cooked with fresh herbs and Mexican spices served with rice	Apple and Honey Slice Fresh Fruit Option
Thur	Fresh Fruit Platter	Mixed Salad Wrap Wholemeal wraps served with a mix of meat, salads and cheese	Homemade Dip and Biscuits Fresh Fruit Option
Fri	Toast	Vegetable Slice Grated mixed vegetables, with cheese, flour and egg combined and baked served cut into squares	Fresh Fruit Platter with Vegetable Sticks and Tasty Cheese

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.