



Winter Menu

Week 1, 2020

Yum!

	Morning Tea	Lunch	Afternoon Tea
Mon	Natural Greek Yogurt with fruit	Lentil Bolognese In season vegetables diced and cooked with tomatoes mixed with lentils, fresh herbs and pasta	Lemon Slice Fresh Fruit Option
Tue	Fresh Fruit with Apricot Dip	Mixed Sandwiches Wholemeal bread, buttered with a mix of meat, salads and cheese	Pear Slice with Sultanas Fresh Fruit Option
Wed	Cheese and Spinach Muffins	Beef Stroganoff with Rice Locally sourced beef stewed in vegetables, sour cream and mushrooms served on rice	Homemade Dip with Pitta Bread Fresh Fruit Option
Thur	Toast with Spreads	Chicken Curry Pasta Locally sourced pan-fried chicken cooked in mild curry, mixed with freshly chopped vegetables and served in pasta	Cheese and Wholemeal Biscuits Fresh Fruit Option
Fri	Fresh Fruit	Tuna Rice Flaked tuna mixed with finely chopped vegetables, napoli sauce and served with steamed rice	Rice Cakes with Spreads 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.