

Winter Menu

Week 2, 2020

Yum!

	Morning Tea	Lunch	Afternoon Tea
Mon	Cheese and Spinach Muffins	Stir-fried Pork Locally sourced pork mince cooked with fresh vegetables served with steamed rice	Homemade Dip with Wholemeal Pita Bread Fruit Fruit Option
Tue	Toast with Spreads	Chicken Casserole Locally sourced chicken braised and slow cooked with mixed vegetables	Fresh Fruit Platter and Dip
Wed	Fresh Fruit	Mixed Sandwiches Wholemeal bread, buttered with a mix of meat, salad and cheese	Blueberry Slice Fresh Fruit Option
Thur	Fresh Fruit	Sheppards Pie Locally sourced savoury mince with mash potato and vegetables, oven baked with small portion of cheese	Carrot and Sultana Loaf Fresh Fruit Option
Fri	Natural Greek Yogurt with fruit	Tuna Pasta Flaked tuna mixed with fresh vegetables and penne pasta	Cheese with Popcorn and Fresh Fruit Platter

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.