

Winter Menu

Week 4, 2020

Yum!

	Morning Tea	Lunch	Afternoon Tea
Mon	Feash Fruit Platter	Mixed Sandwiches Wholemeal bread, buttered with a mix of meat, salads and cheese	Cheese and Dried Fruit Fresh Fruit Option
Tue	Natural Greek Yogurt with fruit	Curried Sausages Sausages cooked in mild curry, mixed with freshly chopped vegetables served on steamed rice	Banana Slice Fresh Fruit Option
Wed	Toast with Spreads	Beef Casserole Locally sourced beef braised and slow cooked with mixed vegetables	Avocado Dip with Wholemeal Pita Bread Fresh Fruit Option
Thur	Fresh Fruit Platter	Vegetarian Rice Freshly chopped vegetables stir-fried and mixed with steamed rice	Apple Cake Fresh Fruit Option
Fri	Bacon, Chive and Cheese Muffins	Pork Bolognese Locally sourced pork cooked with fresh vegetables and tomato served with penne pasta	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.