

Winter Menu

Week 3, 2020

Yum!

	Morning Tea	Lunch	Afternoon Tea
Mon	Toast with Spreads	Beef Bolognese Locally sourced beef cooked with mixed vegetables served with pasta	Apple slice and Fresh Fruit
Tue	Zucchini and Carrot Muffins	Chicken Risotto Locally sourced chicken cooked with vegetables and rice	Fresh Fruit with Homemade Dip and Pita Bread
Wed	Fresh Fruit with Apple Dip	Creamy Tuna Flaked tuna mixed with fresh vegetables, cheese and penne pasta	Vegemite Scrolls Fresh Fruit Option
Thur	Fresh Fruit Platter	Mixed Sandwiches Wholemeal bread, buttered with a mix of meat, salad and cheese	Cheese and Biscuits Fresh Fruit Option
Fri	Natural Greek Yogurt with fruit	Mexican Fiesta Wraps Locally sourced pork mince, cooked with vegetables, Mexican spices and rice, served with wraps	Fresh Fruit with Homemade Dip and Wholemeal Pita Bread

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.