

Winter Menu

Week 1, 2019

Yum!

	Morning Tea	Lunch	Afternoon Tea
Mon	Fresh Fruit Platter	Mixed Sandwiches Wholemeal bread, buttered with a mix of meat and cheese	Sweet Potato and Cheese Muffins with Whole Fruit Fresh Fruit Option
Tue	Sultana Muffins	Curried Sausages with Vegetables BBQ sausages served with vegetables and steamed rice	Home Made Vegetable Dip and Crackers Fresh Fruit Option
Wed	Fresh Fruit Platter	Vegetable Slice Grated mixed vegetables, with cheese, flour and egg combined and baked. Served cut into squares	Cheese and Dried Fruit Platter and Crackers Fresh Fruit Option
Thur	Toast	Tuna Vegetable Pasta Flaked tuna cooked with finely chopped vegetables mixed with napoli sauce and served with pasta	Coconut Slice Fresh Fruit Option
Fri	Cheese and Chive Muffins	Pan Fried Pork with Vegetable Rice Locally sourced pan-fried cutlets with steamed rice and sauteed vegetables	Fresh Fruit Platter with Jalna Pot Set Yoghurt

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.