

Winter Menu

Week 2, 2019

Yum!

| | Morning Tea | Lunch | Afternoon Tea |
|-------------|-------------------------------|--|--|
| Mon | Fresh Fruit Platter | Tuna with Steamed Vegetables and Rice Tuna and steamed vegetables served on a bed of rice | Apple and Blueberry Cake Fresh Fruit Option |
| Tue | Fruit Muffins | Mixed Sandwiches Wholemeal bread, buttered with a mix of meat, salad and cheese | Homemade Avocado Dip with Crackers and Fresh Fruit Platter |
| Wed | Jalna Pot Set Vanilla Yoghurt | Sheppard's Pie Made with locally sourced beef mince, potato mash top | Cheese Crackers and Dried Fruit Fresh Fruit Option |
| Thur | Toast | Cheese, Spinach and Zucchini Rice Slice Combined zucchini, spinach, spring onion, rice and cheeses, baked and sliced | Banana Fritters and Fresh Fruit Salad |
| Fri | Fresh Fruit Platter | Mild Chicken Curry Locally sourced diced chicken, diced vegetables and coconut milk served on a bed of rice or pasta | Vegemite Scrolls 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.