

Winter Menu

Week 3, 2019

Yum!

	Morning Tea	Lunch	Afternoon Tea
Mon	Jalna Pot Set Vanilla Yoghurt	Beef Casserole Pan fried beef with mixed vegetables and stock, slow cooked	Cheese, crackers and Dried Fruit Fresh Fruit Option
Tue	Fresh Fruit Platter	Pumpkin Soup and Wholemeal Rolls Pumpkin simmered in salt-reduced chicken stock, blended and served with wholemeal rolls	Apple and Honey Slice Fresh Fruit Option
Wed	Cheese and Chive Muffins	Chicken Chow Mein and Rice Free range chicken breast mince, chopped mixed vegetables stir fried with steamed rice	Rice Cakes with Cream Cheese and Vegemite Fresh Fruit Option
Thur	Sultana Muffins	Mac and Cheese Macaroni and cheese mixed with diced vegetables	Homemade Vegetable Dip and Crackers Fresh Fruit Salad
Fri	Fresh Fruit Platter	Mixed Sandwiches Wholemeal bread, buttered with a mix of meat, salad and cheese	Apricot Slice 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.