

Winter Menu

Week 4, 2019

Yum!

	Morning Tea	Lunch	Afternoon Tea
Mon	Toast	Spaghetti Bolognaise Made with locally sourced beef mince and chopped vegetables, served with tomato sauce and pasta	Cheese and Crackers Fresh Fruit Option
Tue	Fresh Fruit Platter	Vegetable Pasta In season vegetables diced and cooked with tinned tomatoes, mixed with fresh herbs and pasta	Apricot and Honey Slice Fresh Fruit Option
Wed	Jalna Pot Set Vanilla Yoghurt	Toasted Mixed Sandwiches Wholemeal bread, buttered with a mix of meat, salad and cheese	Vegemite Scrolls Fresh Fruit Option
Thur	Fruit Muffins	Mexican Rice Beef, beans and mixed vegetables, cooked with fresh herbs and Mexican spices	Rice Cakes with Cream Cheese and Vegemite Fresh Fruit Option
Fri	Fresh Fruit Platter	Pizza Homemade pizza on wholemeal base served with a mix of toppings	Homemade Avocado Dip, Crackers and Vegetable Sticks 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.