

Autumn Menu

Week 1, 2021

Yum!

	Morning Tea	Lunch	Afternoon Tea
Mon	Fresh Fruit	Vegetarian Rice Finely chopped vegetables served with steamed rice and soya sauce	Cheese and Wholemeal Biscuits Fresh Fruit Option
Tue	Toast with Spreads	Chicken Pasta Locally sourced pan-fried chicken cooked with freshly chopped vegetables and served in pasta	Apple Muffins Fresh Fruit Option
Wed	Spinach and Cheese Muffins	Mixed Sandwiches Wholemeal bread, buttered with a mix of meat, salads and cheese	Homemade Dip with Pitta Bread Fresh Fruit Option
Thur	Pot Set Natural Yoghurt	Beef Mince with Rice Locally sourced beef cooked with freshly chopped vegetables and served with rice	Cheese and Wholemeal Biscuits with Dried Fruit Fresh Fruit Option
Fri	Fresh Fruit	Tuna Salad Flaked tuna mixed with fresh salad	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.