

# Autumn Menu

Week 2, 2021

Yum!

	Morning Tea	Lunch	Afternoon Tea
<b>Mon</b>	Cheese and Chive Muffins	<b>Mixed Sandwiches</b> Wholemeal bread, buttered with a mix of meat, salad and cheese	Homemade Dip with Vegetable Sticks Fruit Fruit Option
<b>Tue</b>	Fresh Fruit	<b>Mexican Beef</b> Locally sourced beef mince, cooked with vegetables, Mexican spices and rice	Blueberry Slice Fresh Fruit Option
<b>Wed</b>	Fresh Fruit	<b>Meatloaf with Coleslaw</b> Locally sourced beef mince mixed with vegetables and baked, served with fresh coleslaw	Dried Fruits with Cheese and Rice Cakes Fresh Fruit Option
<b>Thur</b>	Toast with Spreads	<b>Chicken, Sun Dried Tomato and Pasta</b> Locally sourced chicken cooked with sun dried tomatoes and served in pasta	Homemade Vegetable Dip with Wholemeal Pitta Bread Fresh Fruit Option
<b>Fri</b>	Fresh Fruit	<b>Vegetarian Rice</b> Finely chopped vegetables served with steamed rice and soya sauce	Coconut Twists 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.