



Winter Menu

Week 1, 2021

Yum!

| | Morning Tea | Lunch | Afternoon Tea |
|------|---------------------------------------|---|--|
| Mon | Fresh Fruit | Creamy Penne Pasta with Vegetables Finely chopped vegetables served in a creamy sauce with penne pasta | Sugar-free Apricot Slice Fresh Fruit Option |
| Tue | Pot Set Natural Yoghurt | Mixed Sandwiches Wholemeal bread, buttered with a mix of meat, salads and cheese | Homemade Dip with Wholemeal Pita Bread Fresh Fruit Option |
| Wed | Cheese and Garden Grown Chive Muffins | Tuna Curry with Vegetables Tuna cooked in a mild curry sauce, mixed with freshly chopped vegetables served on steamed rice | Sugar-free Vanilla Slice with Fresh Apples |
| Thur | Wholemeal Toast with Spreads | Beef Bolognese Pasta Locally sourced minced beef cooked in bolognese sauce with freshly chopped vegetables and served with pasta | Cheese and Wholemeal Biscuits Fresh Fruit Option |
| Fri | Fresh Fruit | Butter Chicken & Vegetables Locally sourced chicken cooked with freshly chopped vegetables, garden grown herbs in Choklits special sauce and served on steamed rice | Vegetable Sticks with Homemade Vegetable Dip 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.