

# Winter Menu

Week 3, 2021

Yum!

	Morning Tea	Lunch	Afternoon Tea
<b>Mon</b>	Pot Set Natural Yogurt	<b>Homemade Soup</b> Homemade vegetable soup served with wholemeal dinner rolls	Rice Cakes with Cream Cheese & Vegemite Fresh Fruit Option
<b>Tue</b>	Fresh Fruit Platter	<b>Chicken &amp; Vegetable Rice</b> Locally sourced chicken cooked with fresh vegetables served with steamed rice	Sugar-free Apple & Cinnamon Muffins Fresh Fruit Option
<b>Wed</b>	Cheese and Garden Grown Herb Muffins	<b>Tuna and Vegetable Pasta</b> Flaked tuna mixed with a homemade tomato sauce and finely chopped vegetables served with pasta	Cheese & Biscuits Fresh Fruit Option
<b>Thur</b>	Fresh Fruit Platter	<b>Mexican Beef</b> Locally sourced beef mince, cooked with vegetables, Mexican spices and steamed rice	Cinnamon Twists Fresh Fruit Option
<b>Fri</b>	Wholemeal Toast with Spreads	<b>Children's Choice</b> Today, our children will decide what they would like to eat which often includes pizza they make themselves and pinwheels	Fresh Fruit

## 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.