

Winter Menu

Week 4, 2021

Yum!

	Morning Tea	Lunch	Afternoon Tea
Mon	Wholemeal Toast with Spreads	Chicken and Vegetable Pasta Locally sourced chicken cooked with fresh vegetables and Choklits special sauce served with pasta	Homemade Dip with Wholemeal Pita Bread Fresh Fruit Option
Tue	Feash Fruit Platter	Curried Sausages Sausages cooked in a mild curry sauce, mixed with freshly chopped vegetables served on steamed rice	Sugar-free Cacao Slice Fresh Fruit Option
Wed	Feash Fruit Platter	Pork Bolognese Locally sourced pork cooked with fresh vegetables and tomato sauce served with penne pasta	Cheese and Biscuits with Fresh Bananas
Thur	Cheese and Bacon Muffins	Vegetarian Rice Freshly chopped vegetables stir-fried and mixed with steamed rice	Homemade Vegemite Scrolls Fresh Fruit Option
Fri	Pot Set Natural Yogurt	Mixed Sandwiches Wholemeal bread, buttered with a mix of meat, salad and cheese	Cheese, Dried Fruit and Biscuits 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.