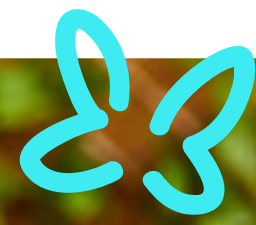


Choklits Child Care
Menu



Spring menu

MONDAY

Morning tea
Toast

Lunch
Tuna Vegetable Pasta
Flaked tuna cooked with finely chopped vegetables mixed with napoli sauce. Served with pasta.

Afternoon tea
Rainbow veg platter
With white bean dip. Additional fresh fruit option

Morning tea
Pinapple yogurt dip with fresh fruit

Lunch
Mixed sandwiches
Wholemeal bread, buttered with a mix of meat & cheese.

Afternoon tea
Banana slices
Additional fresh fruit option

TUESDAY

WEDNESDAY

Morning tea
Banana Bubble
Banana mixed with yogurt and rolled in rice bubbles.

Lunch
Chicken & veg stir fry
Locally sourced pan-fried chicken with steamed rice and stir fried vegetables.

Afternoon tea
Vegemite scrolls
Additional fresh fruit option

Morning tea
Fresh fruit platter

Lunch
Rissole wraps
Homemade meat and vegetable rissoles with salad & pitta bread.

Afternoon tea
Cheese & biscuits
With vegetable sticks. Additional fresh fruit option

THURSDAY

FRIDAY

Morning tea
Cheese & chive muffins

Lunch
Pork curry
Locally sourced pork simmered in curry sauce served with steamed vegetables and rice.

Afternoon tea
Rainbow veg platter
With avacardo dip and toasted wholemeal pitta breads. Additional fresh fruit option

Breakfast

Offered from 7am - 7:45am
Fruit, cereal and toast.

Beverages

Water is available all day long.

(GF) Gluten Free

Options available as substitute.

Additional diary requirements

We cater for gluten free and diary options, as well as other dietary options where needed.

At Choklits we aim to limit added sugar in all our recipes, looking to use natural sweeteners wherever possible. We don't use nuts in any of our cooking and endeavour to be a nut free centre.

