

Green = Eat Often

Amber = Not everyday and small quantities

Everyday category (green)

Everyday foods and drinks should be included as the main choices available and be made available every day. Typical foods found in this category are whole foods such as fresh fruit, wholegrain breads and cereals, lean cuts of meat, legumes, canteen made soups, and reduced fat dairy products.

Select Carefully category (Amber)

Typical foods found in this category include commercially prepared pastas, noodles, soups, meat products, cakes, dairy desserts, and fruit juice. They can be made 'greener' by partnering with Everyday foods.

Hot Food

Pasta with Napoli Sauce*	4.50
Fried Rice	4.50
Margarita Pizza Slice	2.50
Chicken Parma Wrap	5.00
Party Pies	1.40
Sausage roll	3.50
Meat Pie	4.00
Pastie	4.00
Vege Pastie	4.00
Hot Dog	3.00
Chicken Nugget	.90c
Sauce	.25c

Sandwich/ Roll

Chicken Salad*	5.50
Salad*	5.00
Chicken Cheese*	4.50
Chicken cheese tomato*	4.50
Cheese Tomato*	4.00
Bakery Cheese Roll	1.50
Vegemite*	2.50
Bakery Cheese Bacon Roll	2.00
Ham & Cheese	4.00
Ham Salad	5.50
Cheese*	2.50

Sandwiches and Rolls are available in White and Wholemeal- please specify if you would like Wholemeal.

Toasties

Cheese Tomato*	4.00
Chicken Cheese*	4.00
Chicken Cheese Tomato*	4.50
Ham Cheese	4.00
Cheese*	2.50
Ham Cheese Tomato*	4.50

Snacks

Fruit Salad cup*	4.50
Watermelon cup*	4.00
Picnic Point Apple/ Banana*	1.50
Cheese, carrot and celery	2.00
Dried apple apricot and sultana*	2.50
Cheese & Biscuits	3.00
Apple Cinn/ Blueberry Muffin	2.50
JJ's Pizza/ Burger	2.00

Drinks

Water 500ml	2.50
Big M Prima Choc/ Straw	2.50
Extra Juicy Apple/Orange/ Apple blackcurrant 250ml	2.50

Gluten free

Everything marked with * is or can be gluten free
Pasta, bread and wraps please add \$1.50 and specify GF option.