

Fresh sandwiches, rolls & wraps

Wholemeal, multigrain or high fibre white bread

Chef's specials

Wicked chicken

chicken, cucumber, lettuce, and tzatziki mayo \$

Tropicana ham, cheese, pineapple and tomato \$

Gone fishin' tuna, corn, carrot, celery, mayo mix \$

Veggie delight cheese, salad and hummus \$

Optional fillings / spreads

Filling options:

cheese, ham, chicken, egg, tuna \$

lettuce, tomato, carrot, onion, banana, sultanas \$

Spread options:

margarine, mayo, honey, jam, vegemite \$

avocado, ricotta cheese, hummus, tzatziki, salsa \$

Fresh salads

Energy salad \$

rice, ham, cheese, tomatoes, grated carrot & corn

Mexican salad \$

three bean mix, tomato, capsicum, corn, cheese with pita chips and Greek or natural yoghurt

Cool drinks

Plain water \$

Plain milk \$

Flavoured milk, 250ml: choc, vanilla, strawberry \$

100% juice popper, 200ml: apple, orange \$

Tasty hot foods

Toasted sandwiches (up to 3 fillings) \$

Additional fillings: no charge for herbs/spices

Savoury cheese, ham, chicken, baked beans, sliced tomato, mushrooms, pineapple, grated carrot, corn kernels, avocado

Sweet banana, canned apple or peaches, sultanas, cottage cheese, ricotta, cinnamon, nutmeg

Baked potatoes \$

Lean ham pineapple, corn and reduced fat cheese

Nacho beans tomato salsa and sour cream

Tuna corn, reduced fat cheese and mayonnaise

Mini pizzas \$

Offer 1 pizza & rotate options weekly

Hawaiian ham, cheese, tomato, pineapple

BBQ Chicken chicken, mushroom, cheese, BBQ sauce

Cheesy veg tomato, cheese, capsicum and herbs

Super snacks

Fresh and frozen fruit pieces \$

Mixed fruit salad with yoghurt \$

Yoghurt tubs - variety of flavours \$

Reduced fat frozen yoghurt / ice cream tubs \$

Dried fruit and nuts nibble mix \$

Veggie sticks with reduced fat cheese cubes \$

Popcorn \$

Raisin toast with margarine \$

Specials and meal deals* (insert details of weekly / monthly specials and/or meal deals)

To receive this document in an accessible format phone 1300 22 52 88 or email heas@nutritionaustralia.org

Except where otherwise indicated, the images in this publication show models and illustrative settings only, and do not necessarily depict actual services, facilities or recipients of services. Copyright © State of Victoria 2016