

### Fresh sandwiches, rolls & wraps

Wholemeal, multigrain or high fibre white bread

#### Chef's specials

<b>Wicked chicken</b> chicken, cucumber, lettuce and tzatziki mayo	\$
<b>Tropicana</b> ham, cheese, pineapple and tomato	\$
<b>Gone fishin'</b> tuna, corn, carrot, celery, mayo mix	\$
<b>Veggie delight</b> cheese, salad and hummus	\$
<b>Falafel deluxe</b> (falafels, lettuce, tabouli, tzatziki)	\$

#### Other filling options:

cheese, ham, chicken, egg, tuna	\$
lettuce, tomato, grated carrot, onion, mushrooms, beetroot, spinach, cucumber, banana, sultanas	\$

#### Other spread options:

margarine, mayo, honey, jam, vegemite	\$
avocado, ricotta cheese, hummus, tzatziki, salsa	\$

#### Grilled burgers

Offer 1 burger & rotate options weekly

<b>Chicken burger</b> chicken, lettuce, onion, tom, mayo	\$
<b>Beef burger</b> beef patty, lettuce, beetroot, cheese	\$
<b>Vege burger</b> vege patty, lettuce, carrot, cheese, mayo	\$

### Power salads

<b>Super salad box</b> choice of chicken, turkey, tuna, egg or ham with lettuce, tomato, carrot, cucumber, corn, capsicum and cheese	\$
<b>Zesty pesto pasta salad</b> lemon pesto pasta, lettuce, shallots, tomatoes & chickpeas	\$
<b>Mexican salad</b> 3 bean mix, tomato, capsicum, corn, cheese with pita chips & Greek or natural yoghurt	\$

### 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** \$

**Hawaiian** ham, cheese, tomato, pineapple

**BBQ Chicken** chicken, mushrooms, cheese, BBQ sauce

**Mozzarella** tomato, cheese, onion, herbs

**Veg out** sundried tomato, spinach, mushroom, capsicum, onions, cheese, herbs

### Snacks

Fresh and frozen fruit pieces	\$
Fruit kebabs: fruit salad with yoghurt &/or muesli	\$
Yoghurt tubs: strawberry, vanilla	\$
Corn cobs: with sweet chilli or lemon & herbs	\$
Dried fruit and nuts nibble mix	\$
Veggie sticks with hummus, tzatziki or salsa	\$
Cheese and cracker packs	\$
Garlic bread	\$
Raisin toast with margarine	\$

### Meal deals

**Summer Soother** any sandwich/wrap/roll or salad, frozen snack and water \$

**Winter Warmer** any toasted sandwich, baked potato or mini pizza, piece of fruit and hot chocolate \$

**Specials\*** (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](mailto:heas@nutritionaustralia.org)

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