

Cold foods

Sandwiches, wraps, rolls

Roast beef with lettuce, tomato and chutney	\$
Tandoori chicken with cucumber and spinach	\$
Gone fishin' tuna, corn, carrot, celery, mayo mix	\$
Veggie delight cheese, salad and hummus	\$
Falafel deluxe falafels, tabouli, tzatziki	\$

Sushi (twin packs)

Tuna with avocado	\$
Vegetable with carrot, cucumber and tofu	\$

Salads

Green salad box lettuce, tomato, carrot, cucumber, avocado, capsicum and haloumi	\$
Pesto pasta salad pesto pasta, lettuce, shallots, tomatoes & chicken	\$
Mexican salad bean mix, tomato, capsicum, corn, rice	\$

Rotating meal options

Offer 1-2 options daily

Burger e.g. chicken, beef or lentil burger with salad	\$
Pasta e.g. spaghetti Bolognese or veggie lasagne	\$
Curry or stir fry with rice or noodles	\$
Soup with bread roll	\$

Drinks

Water plain, sparkling or with natural essence	\$
Flavoured milk 250ml (choc, banana, strawberry)	\$
100% juice 250ml (apple, orange)	\$
Soft drinks* (offer small, mostly sugar-free versions)	\$
Tea and coffee with reduced fat milk	\$
Smoothies with fruit and reduced fat milk/yoghurt	\$

Hot foods

Toasted sandwiches and focaccias

Chicken with cheese, avocado, spinach	\$
Ham with cheese and tomato	
Mediterranean with capsicum, eggplant, mushroom, pesto	

Savoury pastries*

Pies , beef, chicken or vegetable korma	\$
Sausage roll , beef or spinach and ricotta	
Vegetable pastie or quiche	

Mini pizzas

Hawaiian with ham, cheese, tomato, pineapple	\$
Supreme with mushrooms, olives, capsicum, onion, cheese	

Other hot foods

Veggie dumplings or beef dim sims , steamed	\$
Hot chips* (preferably oven-baked, small serve only)	

Snacks

Fresh or frozen fruit	\$
Fruit salad cups with yoghurt and muesli	\$
Yoghurt tubs	\$
Dried fruit and nut mixes	\$
Veggie sticks with hummus, tzatziki or salsa	\$
Cheese and cracker packs	\$
Raisin toast with margarine	\$
Lightly salted popcorn (packet or made on site)	\$
Potato chips (packet)*	\$
Ice creams/icy poles*	\$
Snack bars*	\$

Meal deals

Lunch deal #1 any sandwich/wrap/roll or salad, popcorn and water	\$
Lunch deal #2 any toasted sandwich and small coffee	\$
Snack deal fruit salad cup and water	\$

Notes

Not all options may be possible if you have limited kitchen facilities – consider ordering in pre-made versions of menu items where possible. Gather [feedback from your customers](#) to ensure your menu meets their needs and [promote your healthier items](#).

*these items are typically RED – look for AMBER versions where possible, limit the promotion and number of varieties for sale or offer smaller serving sizes as part of your <20% RED offering.

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