



Ham, Beef or Tuna & Salad Sandwich

Ingredients

Wholemeal or White Bread

Tomato

Lettuce

Cucumber

Carrot

Choice

Reduced Fat Sliced Ham

Sliced Roast Beef

Tuna in Spring Water

Traffic Light : **GREEN**



Cheese & Salad Sandwich

Ingredients

Wholemeal or White Bread

Sliced Light Cheese

Tomato

Lettuce

Cucumber

Carrot

Traffic Light : **GREEN**



Ham, Cheese & Tomato Sandwich

Ingredients

Wholemeal or White Bread

Reduced Fat Sliced Ham

Tomato

Sliced Light Cheese

Traffic Light : **GREEN**



Cheese & Tomato Sandwich

Ingredients

Wholemeal or White Bread

Tomato

Sliced Light Cheese

Traffic Light : **GREEN**



Salad Sandwich

Ingredients

Wholemeal or White Bread

Tomato

Lettuce

Cucumber

Carrot

Traffic Light : **GREEN**



Vegemite Sandwich

Ingredients

Wholemeal or White Bread

Salt Reduced Margarine

Vegemite

Traffic Light : **GREEN**



Vegemite & Cheese Sandwich

Ingredients

Wholemeal or White Bread

Salt Reduced Margarine

Vegemite

Sliced Light Cheese

Traffic Light : **GREEN**



Toasted Ham, Cheese & Pineapple Sandwich

Ingredients

Wholemeal or White Bread

Reduced Fat Sliced Ham

Canned Pineapple in Natural Juice

Sliced Light Cheese

Traffic Light : **GREEN**



Toasted Baked Beans Sandwich

Ingredients

Wholemeal or White Bread
Salt Reduced Baked Beans

Traffic Light : **GREEN**



Toasted Bolognese & Cheese Sandwich

Ingredients

Wholemeal or White Bread
Homemade Bolognese Sauce (see Pasta Bolognese)
Sliced Light Cheese

Traffic Light : **GREEN**



Sandwich Extras

Ingredients

Sliced Light Cheese
Reduced Fat Mayonnaise
Canned Sliced Beetroot
Wholemeal or White Bread Roll
8" White Flour Tortilla (Wrap)
Gluten Free Bread

Traffic Light : **GREEN**



Chicken Chilli Tender Wrap

Ingredients

8" White Flour Tortilla (Wrap)
Canon Sweet Chilli Chicken Breast Strip
Tomato
Lettuce
Cucumber
Carrot
Reduced Fat Mayonnaise

Traffic Light : **GREEN**



Chicken Tender Wrap

Ingredients

8" White Flour Tortilla (Wrap)

Canon Chicken Breast Strip

Tomato

Lettuce

Cucumber

Carrot

Reduced Fat Mayonnaise

Traffic Light : **GREEN**



Pasta Bolognese

Ingredients

Low Fat Beef Mince

Napolitana Sauce

Tomato Sauce

Carrot

Celery

Button Mushrooms

Tomato

Onion

White Wheat Pasta

(Ingredients may vary slightly to use fresh produce and minimize waste)

Traffic Light : **GREEN**



Chicken & Vegetable Risotto

Ingredients

Brown Onion

Olive Oil

Arborio Rice

Salt Reduced Chicken Stock

Frozen Pea, Corn & Carrot Mix

Diced Cooked Chicken

Grated Parmesan Cheese

Traffic Light : **GREEN**



Pumpkin Soup

Ingredients

Pumpkin

Vegeta Stock Powder

Wholemeal or White Bread Roll

Traffic Light : **GREEN**



Chicken & Sweet Corn Soup

Ingredients

Salt Reduced Chicken Stock

Creamed Corn

Diced Cooked Chicken

Traffic Light : **GREEN**



Hamburger & Salad

Ingredients

Wholemeal Bread Roll

Angel Bay Pre-Cooked Light Beef Pattie

Tomato

Lettuce

Cucumber

Carrot

Tomato Sauce

Burger Extras

Sliced Light Cheese

Traffic Light : **GREEN**



Vegie Burger & Salad

Ingredients

Wholemeal Bread Roll

I&J Vegetable Pattie

Tomato

Lettuce

Cucumber

Carrot

Tomato Sauce

Burger Extras

Sliced Light Cheese

Traffic Light : **GREEN**



Warm Custard & Fruit

Ingredients

Reduced Fat Pouring Vanilla Custard

Diced Peaches in Natural Juice

Traffic Light : **GREEN**



Bean Bombs

Ingredients

½ Bread Roll

Salt Reduced Baked Beans

Grated Light Cheese

Traffic Light : **GREEN**



Hawaiian Pizza

Ingredients

½ Bread Roll

Shredded Ham

Crushed Pineapple

Napolitana Sauce

Grated Light Cheese

Traffic Light : **GREEN**



Pikelet

Ingredients

Gluten Free Self Raising Flour

White Sugar

Eggs

HiLo Milk

Bicarbonate Soda

Traffic Light : **GREEN**



Jelly Cup & Fruit

Ingredients

Aeroplane Natural Colour & Flavours Jelly Crystals

Diced Fresh Seasonal Fruit

Traffic Light : **GREEN**



Corn Cups

Ingredients

Frozen Corn

Salt Reduced Margarine

Traffic Light : **GREEN**



Anzac Biscuit

Ingredients

Wholegrain Rolled Oats

Gluten Free Self Raising Flour

Brown Sugar

Salt Reduced Margarine

Golden Syrup

Boiling Water

Bicarbonate Soda

Traffic Light : **AMBER**



Chocolate Mini Muffins

Ingredients

Brown Sugar

Vegetable Oil

Eggs

Vanilla

Canned Kidney Beans

Gluten Free Plain Flour

Cocoa Unsweetened

Water

Traffic Light : **AMBER**



Hot Chocolate

Ingredients

HiLo Milk

Nestle Hot Chocolate Complete Mix

Traffic Light : **GREEN**