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 Bolognaise & Cheese Sandwich

**Ingredients**
- Wholemeal or White Bread
- Homemade Bolognaise Sauce (see Pasta Bolognaise)
- 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 Bolognaise

**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*

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**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

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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**