



Secondary School High-proportion Packaged Items

BREAKFAST (Morning only)

- (C) Toast - Jam, Yeast Spread, Avocado or Tahini
- (C) Crunchy Cereal Cups

COLD LUNCHES

- (C) Sandwiches/Rolls
 - Egg and Lettuce
 - Tuna, Cucumber and Mayonnaise
 - Ham, Cheese and Pineapple
- (C) Garden Salad Bowl
- (P) Rice Paper Rolls - Beef, Chicken or Tofu

HOT LUNCHES

- (P) Vegetarian Fried Rice
- (P) Butter Chicken
- (P) Steamed Dim Sum - Vegetarian or Prawn
- (P) Lasagne
- (P) Chicken Pho Bowl
- (P) Spinach and Ricotta Roll
- (P) Potato-Topped Pie

SPECIALS

WEDNESDAY: (P) Sushi - Teriyaki Chicken, Avocado or Tuna

FROZEN SNACKS

- (P) Frozen 99% Fruit Juice Cups - Apple Blackcurrent, Apple, Orange or Pineapple
- (P) Strawberry Frozen Yoghurt
- (P) Low Fat Vanilla Ice Cream

DRINKS

- (P) Bottled Water
- (P) Sparkling 99% Fruit Juice - Grape, Blackcurrent or Raspberry (250mL)
- (P) Flavoured Milk - Chocolate or Strawberry (500mL)
- (P) Iced Coffee (500mL)
- (P) Diet Cola (500mL)

Note:
Contains
caffeine

SNACKS

- (C) Rice Cakes served with Cheese, Dip and Vegetable Sticks
- (C) Seasonal Fruit
- (P) Corn on the Cob
- (P) Yoghurt - Strawberry or Mango
- (P) Chicken and Corn Soup
- (P) Apple Cinnamon Muffin
- (P) Bliss Balls

Tip: Great for the
counter during
service!

Green = Everyday Grey = Occasional

(C) = Canteen-Made (P) = Packaged

- Underlined menu items are linked to a recipe.
- Refer to pages 14-16 of the [Food and Drink Criteria Booklet](#) for portion limits.
- Packaged Occasional items must have a Health Star Rating of 3.5 stars or more. To check the HSR of packaged items access the [Healthy Food Finder](#).