

## Sample school canteen menu

### **ROLLS/ WRAPS or SANDWICHES – made fresh today!**

(White or multigrain available)

Ham and salad

Cheese\* and salad

Fresh chicken, avocado, lettuce and mayo

Curried egg and lettuce

Tuna and salad

Felafel, tabouli and hummous

### **HOT FOODS**

Spinach and feta roll

Vegetable pizza\*

Chicken and pineapple jaffle

Beef or grilled chicken with salad in a burger

Oven baked wedges with sour cream and chilli sauce\*

Baked potato with baked beans, cheese\* and salad

\*Reduced or low fat

### **LUNCH PACKS**

#### **Tandoori pack**

Tandoori Chicken, tomato, lettuce, dressing\* + flavoured milk

#### **Baguette pack**

1/2 cheese\* and salad baguette, vegie sticks and hummous, fruit juice

#### **Sushi pack**

Mixed sushi, dipping sauce and flavoured milk.

### **SNACKS**

Flavoured yoghurt \*

Biscuits and cheese\* pack

Fruit salad and yoghurt\* in a tub

Fruit kebab

Fruit bun

Fruit and nut pack

Home-made banana muffin

Apple

Orange

Banana

### **DRINKS**

Water, 600 ml

Orange juice, no added sugar – 250 ml

Chocolate milk red. fat, 375ml

Strawberry milk red. fat, 375ml

Plain milk, 600ml

Strawberry or mango smoothie (with real fruit)