



Supported by Healthway

### SANDWICHES

Wholemeal • Multigrain • White • Toasted

SALAD
CHEESE
CHEESE & SALAD
TUNA & SALAD
CHICKEN, PESTO & SALAD
EGG & LETTUCE
CHICKEN
HAM, CHEESE & SALAD

## **SUSHI & SALADS**

CHICKEN SUSHI
 TUNA SUSHI
 CALIFORNIA SUSHI
 CHICKEN SALAD
 TUNA SALAD
 EGG SALAD

# HOT MEALS

PUMPKIN SOUP WITH BREAD
SAVOURY RICE & VEGGIES
MEAT PIE
HOT CHIPS (SMALL)
SAUSAGE ROLL



FRUIT SALAD
 FRESH FRUIT
 HUMMUS & VEGGIES
 CHEESE & CRACKERS
 YOGHURT
 POPCORN
 CHOCOLATE BAR
 LOLLY BAG



WATER

SPARKLING WATER

CHOCOLATE MILK

STRAWBERRY MILK 300ML

> 99% JUICE 300ML

LIMIT

🛑 FUEL UP WITH GREEN 🥚 SELECT CAREFULLY







#### **BBQ FOOD**

#### LOADED BEEF BURGER

100% lean beef patty with salad, tomato, carrot, beetroot and cheese with a choice of sauce

CORN ON THE COB

VEGETABLE KEBABS

 SAUSAGE IN A BUN with a choice of sauce

### DRINKS

#### WATER

NON-SUGARY DRINK 1
e.g. 99% juice | 300ml or smaller

NON-SUGARY DRINK 2
e.g. artificially sweetened can | 300ml or smaller

LIMIT

FUEL UP WITH GREEN 🛛 🛑 SELECT CAREFULLY 🛛