

# CHOICE ITEMS

## BREAKFAST

A	Café-style Banana Bread
	Flakes & Fibre Cereal
	Hazelnut & Almond Cereal
	Peanut Breakfast Bar
B	Apple & Cinnamon Porridge
	Bean & Cheese Burrito*
	Malty Grain
	Nut & Grain Chew
	Wholemeal Pancakes
C	Apple & Berry Brekkie Cup
	Cranberry & Vanilla Muesli
	Oat & Apricot Bar
	Zucchini & Corn Muffin*
D	Cocoa Clusters <sup>#</sup>
	Ham & Cheese Toastie <sup>**</sup>
	Roasted Veggie All Round <sup>**</sup>
	Toasted Berry Muesli <sup>#</sup>
	Waffles + 2 Fat serves

## DINNER

A	Asian-style Vegetable Fried Rice*
	Beef Pie*
	Creamy Vegetable Pappardelle*
	Pumpkin & Fetta Rice Salad*
	Tuna Pasta*
	Vegetarian Chilli *
B	Beef Pastie
	Crumbed Fish & Wedges
	Lamb Moussaka
	Macaroni Cheese
	Roasted Vegetable Pizza
	Sweet & Sour Chicken
C	Beef Burger
	Beef Lasagne
	Chicken Fettuccine
	Roast Chicken & Vegetables
	Vegetable Tikka Masala with Paneer Cheese
D	Chicken Pad Thai
	Cottage Pie
	Mexican-style Slow Cooked Pork
	Oriental Beef Stir Fry
	Spinach & Ricotta Cannelloni
E	Butter Chicken
	Chicken Parmigiana
	Chicken Satay
	Spaghetti & Meatballs

## LUNCH

A	Creamy Vegetable Soup
	Potato & Leek Soup
B	BBQ Pulled Pork Toastie
	Bean & Cheese Burrito*
	Smoked Paprika Paella
	Spaghetti Bolognese
	Spinach & Fetta Roll
	Vegetable Lasagne
C	Asian-style Vegetable Fried Rice*
	Cheesy Baked Potato
	Cheesy Pesto Pasta
	Ham & Cheese Toastie*
	Pasta Verde
	Zucchini & Corn Muffin*
D	Beef Pie*
	Creamy Vegetable Pappardelle*
	Pumpkin & Fetta Rice Salad*
	Roasted Veggie All Round*
	Tuna Pasta*
	Vegetable Tortellini
	Vegetarian Chilli*

## SNACK

A	Choc Fudge Bikkie
	Choc Mousse
	Light & Tangy Veggie Crisps
	Sweet Chilli & Sour Cream Chips
B	Cinnamon Cookie
	Jenny Craig's Ice Cream Sundae
	Oregano & Thyme Crunchies
	White Chocolate Cranberry Cookie
C	Cheesy Popcorn
	Choc Chip Bites
	Corn Chips
	Sticky Date Pudding
D	BBQ Bites
	Chocolate Pudding
	Salted Caramel Nut Bar
	Shortbread Bites

\* Interchangeable Item

# If replacing the Waffle with another category D, remove 2 Fat serves from that menu day.

# VEGETARIAN CHOICE ITEMS

## BREAKFAST

A	Café-style Banana Bread
	Flakes & Fibre Cereal
	Hazelnut & Almond Cereal
	Peanut Breakfast Bar
B	Apple & Cinnamon Porridge
	Bean & Cheese Burrito*
	Malty Grain
	Nut & Grain Chew
	Wholemeal Pancakes
C	Apple & Berry Brekkie Cup
	Cranberry & Vanilla Muesli
	Oat & Apricot Bar
	Zucchini & Corn Muffin*
D	Cocoa Clusters#
	Roasted Veggie All Round##
	Toasted Berry Muesli#
	Waffles + 2 Fat serves

## LUNCH

A	Creamy Vegetable Soup
	Potato & Leek Soup
B	Bean & Cheese Burrito*
	Cheesy Baked Potato*
	Smoked Paprika Paella
	Spinach & Fetta Roll
C	Vegetable Lasagne*
	Asian-style Vegetable Fried Rice*
	Cheesy Pesto Pasta*
	Pasta Verde
	Vegetable Tortellini*
D	Zucchini & Corn Muffin*
	Creamy Vegetable Pappardelle*
	Pumpkin & Fetta Rice Salad*
	Roasted Veggie All Round*
	Tuna Pasta*🐟
Vegetarian Chilli*	

## DINNER

A	Asian-style Vegetable Fried Rice*
	Cheesy Baked Potato*
	Cheesy Pesto Pasta*
	Tuna Pasta*🐟
	Vegetable Lasagne*
B	Creamy Vegetable Pappardelle*
	Macaroni Cheese
	Pumpkin & Fetta Rice Salad*
	Vegetable Tortellini*
	Vegetarian Chilli *
C	Crumbed Fish & Wedges 🐟
	Roasted Vegetable Pizza
	Spinach & Ricotta Cannelloni
	Vegetable Tikka Masala with Paneer Cheese

## SNACK

A	Choc Fudge Bikkie
	Choc Mousse^
	Light & Tangy Veggie Crisps
	Sweet Chilli & Sour Cream Chips
B	Cinnamon Cookie
	Jenny Craig's Ice Cream Sundae
	Oregano & Thyme Crunchies
C	White Chocolate Cranberry Cookie
	Cheesy Popcorn
	Choc Chip Bites
	Corn Chips
D	Sticky Date Pudding
	BBQ Bites
	Chocolate Pudding
	Salted Caramel Nut Bar
	Shortbread Bites

\* Interchangeable Item

# If replacing the Waffle with another category D, remove 2 Fat serves from that menu day.

🐟 Fish exchange

^ Contains gelatine