

Mains (aim for 10-12 items)

Cold items

Roast chicken and salad in a wholegrain roll - chicken, carrot, tomato, lettuce, cucumber, mayo (OptionsIn)

Roast beef and salad in a wholegrain roll

Tuna & salad wrap

Vegetarian wrap

Egg sandwich (wholemeal)

Cheese sandwich (wholemeal)

Cheesymite scroll

Sushi (vege) – 4 pieces

Sushi (tuna)

Salad – can include more than one variety, optional dressing (OptionsOut)

Hot items

Tuna pasta bake – small/large

Beef bolognese on pasta – small/large

Vege bolognese on pasta – small/large

Chicken curry on rice – small/large

Mousetraps – baked beans, cheese and tomato slice on toast

Potato top pie (no pastry – use the tinfoil pie tray to replace pastry bottom)

Snacks & Desserts (3-5 items)

Hot apple crumble (lots of apple, little topping)

Popcorn

Muffins – various fruit options, chocolate option (within guidelines)

Yoghurt – apricot or strawberry

Fruit & Vegetables (4-6 items)

Corn cob on a stick (hot)

Carrot sticks

Sliced apple

Grapes

Pineapple (sliced)

Seasonal fruit (eg. small banana, plum, mandarin)

Fresh fruit salad

Fruit salad pottle

Drinks (1-4 items, including water)

Bottled water

Apple juice (125 ml)

Milk