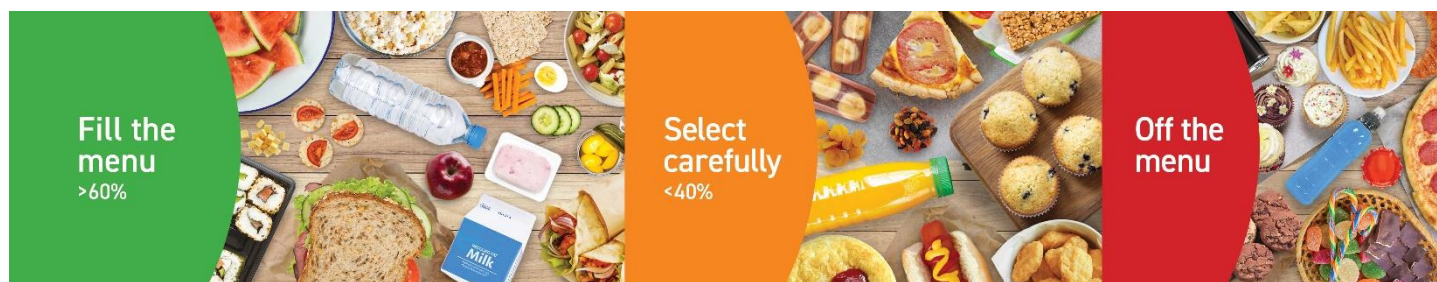


What's on the menu



Fill the menu
>60%

Select carefully
<40%

Off the menu

Green food and drinks

- Cereal foods – wholegrain cereals, pasta, noodles, rice, cous cous, quinoa
- A variety of bread types including wholegrain/ wholemeal
- Vegetables and legumes e.g. stuffed potatoes, corn-on-cob, baked beans, 4 bean mix, garden salads, potato salad, coleslaw (using reduced fat dressings)
- Fruit, fresh and frozen, whole, fruit salad, sliced fruit
- Fruit canned in natural juice
- A variety of sandwich/roll fillings, preferably served with salad e.g.
 - egg
 - reduced fat cheese
 - tuna, canned in spring water or brine
 - lean meats i.e. roast beef
 - yeast spreads
 - hummus
- Lean meats, fish, poultry
- Meals[#], especially those with vegetables e.g. pasta bake, curry and rice, frittata, soup, sushi, rice paper rolls
- Reduced fat dairy products including:
 - plain milk
 - flavoured milk (375mL or less)
 - cheese
 - plain and flavoured yoghurt
- Plain water
- Plain mineral water

Amber food and drinks

- Savoury breads such as garlic, herb and pizza bases
- Reduced fat pastry items[#]
- Frankfurts and sausages for hot dogs and/or sausage sizzles[#]
- Savoury commercial products, e.g. fish, chicken, potato portions, pizza[#]
- Hamburger patties[#]
- Processed meat e.g. ham, skin-free processed chicken
- Assorted cakes/biscuits or muffins[#]
- Sweet and savoury snack foods[#]
- Plain dried fruit
- Ice creams and icy poles[#]
- Reduced fat flavoured milk (more than 375mL & less than 600mL)
- High schools only: reduced fat coffee flavoured milk (375mL or less)
- Full fat dairy products e.g. plain milk, yoghurt, cheese
- Full fat flavoured milk (375mL or less)
- 99% fruit juices (250mL or less) and no added sugar
- Dairy desserts[#] e.g. reduced fat custard, ice cream and mousse (milk/milk alternative listed as first ingredient)

NOTE: Reduced fat dairy recommended for children over the age of 2 years

Red food and drinks

- Full-fat pastry items
- Deep fried food
- Sweet sandwich fillings e.g. jam, honey, confectionery sprinkles
- High fat meats e.g. polony and salami
- Confectionery e.g. chocolate, liquorice, cough lollies, jellies
- Sweet or savoury snack items that do not meet the criteria e.g. potato chips
- Soft drinks, cordial, sports drinks, energy drinks
- Reduced fat flavoured milk (more than 600mL)
- Reduced fat coffee flavoured milk drink (more than 375mL)
- Full fat flavoured milk (more than 375mL)
- Chocolate coated ice-creams
- Jelly; fruit with jelly
- Croissants, cream or iced buns/cakes, doughnuts, sweet pastries, slices
- Fruit juice (more than 250mL) and/or with added sugar or sweetener
- Water flavoured with fruit juice, sugar and/or sweetener