



# TEAM Menu 2009-10

## Breakfast

- A variety of healthy wholegrain breakfast cereals (eg: Vita Brits, un-toasted muesli, bircher muesli - no cream, Special K) plus reduced & fat free milks
- Hot Porridge
- An array of sliced bread (wholegrain only), fruit loaf, English muffins (fork split) & crumpets plus spreads such as honey, jam, vegemite, butter (deleted peanut butter & margarine)
- Fruit, including pre-sliced fresh fruit and tinned fruit (in juice not syrup)
- Low fat flavoured yoghurts –variety of flavours
- An egg item each day (e.g. poached eggs, scrambled eggs, but no fried eggs)
- Pancakes with maple syrup (in a separate jug to add as desired)
- Baked beans or spaghetti (vary daily)
- Jugs of fruit juice & water, tea & coffee
- Grilled tomatoes, spinach or mushrooms (alternatedays)
- NO BACON

## Lunch

- “Build your own sandwich or wrap bar”:
  - . A variety of fresh breads (wholegrain only), bread rolls, individual Turkish bread etc..
  - . Pre-sliced salad vegetables including lettuce, cucumber, tomato, beetroot, carrot, onion, mushroom, avocado, etc.
  - . Cold cuts of lean meats – low fat options only. Examples include ham off the bone, pastrami, corned beef, seasoned skinless chicken/turkey breast, tuna, salmon – perhaps 3 options at each lunch would be adequate. No processed or sausage meats please.
  - . Low fat cheese slices
  - . Array of spreads e.g. mustard, chutney, relish, low fat mayonnaise etc
  - . Sandwich presses for toasting rolls/ sandwiches
- Pasta, noodle or rice dish with lean chicken or beef and a low fat sauce (eg: tortellini or ravioli in tomato based sauce, chicken risotto, thai beef and hokkien noodles) (alternate daily)
- Variety of pre-sliced fresh fruit and whole fruit
- Jugs of fruit juice, water, regular & diet cordials, low fat flavoured milk or low fat flavoured smoothies
- Tea & coffee

