

Tips to GREEN up your menu

Let GREEN dominate

Fill the menu with a range of tasty and interesting GREEN meals, snacks and drinks.

snacks



fruit pikelets*



corn on the cob



vegetable wraps



sushi



reduced fat yoghurt with berries



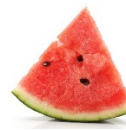
air popped popcorn



vegetable sticks served with dip



school-made garlic bread*



frozen fruit chunks (melon, grapes...)



reduced fat cheese & AMBER crackers



raisin toast



fruit salad



school-made pizza scroll*



school-made savoury muffin*



fruit kebab

meals



toasted sandwiches



vegetable soup (with a bread roll)*



spaghetti bolognese*



vegetable prittata*



salad tub with ham, tofu, tuna or egg



school-made pizza with lots of vegetables*



jacket potato with chilli con carne or bolognese*



fried rice*



meatball sub*



chicken breast burger and vegetables

drinks



school-made smoothie*



plain milk



unflavoured water (still or sparkling)

* See SFM website for recipe