

# Healthy Lunches

<b>GREEN</b>	
Everyday foods	
Eat most of these	
<b>Rolls</b>	
<b>Sandwiches</b>	
<b>Wraps</b>	
<b>Salads</b>	
<b>Foccacia</b>	
<b>Yoghurt</b>	
<b>Fruit</b>	
<b>Steamed Dim Sims</b>	
<b>Water</b>	

<b>AMBER</b>	
Select Carefully	
Limit these foods	
<b>Pizza</b>	
<b>Lasagne</b>	
<b>Chicken Burger</b>	
<b>Hamburger</b>	
<b>Souvlaki</b>	
<b>ONLY Tuesday &amp; Friday</b>	
<b>Pies</b>	
<b>Pasties</b>	
<b>Sausage Rolls</b>	

<b>RED</b>
Occasional
Once or twice per term

<b>FRIED FOOD</b>	Only <b><u>TWICE</u></b> per Term
Can be ordered on the Last day of term and one other day as advised	
<b>Hot Chips</b>	
<b>Fried Dim Sim</b>	
<b>Crab Stick</b>	
<b>Fish Fried</b>	
<b>Potato Cake</b>	
<b>Chilli Chicken</b>	
<b>Nuggets</b>	
<b>Wing Dings</b>	
<b>Salt &amp; Vinegar Strip</b>	

<b>DRINKS</b>	
<b>Bottled Water</b>	
<b>Breaka</b>	
<b>GV Juices</b>	
<b>Primas</b>	
<b>Milk Shakes</b>	

**Students should not be ordering soft drinks**

**These foods are in line with Government regulations on what students are able to order from school canteens and food service providers.  
These strict guidelines are set for all schools by the Victorian Government**