

Your Colour Coded Menu

The following table shows how we have classified ([Everyday](#) or [Occasional](#)) and counted the foods and drinks on your menu to work out the percentages. This can help guide any changes you may want to make in the future to ensure that 75% of your menu continues to be made up of [Everyday](#) foods and drinks.

Key:

- – [Everyday](#)
- – Occasional
- – [Everyday - does not meet criteria](#)
- – [Occasional does not meet criteria](#)
- – Sugar Sweetened Drink - Should not be sold

Item	E/O	Count
SANDWICHES		
Honey/Vegemite/Jam	E	3
Ham or Cheese	E	2
Egg and Lettuce	E	1
Ham and Lettuce	E	1
Ham, Cheese, Tomato	E	1
Egg	E	1
Chicken, Lettuce, Mayo	E	1
Chicken	E	1
Salad	E	1
Chicken/Ham Salad Wrap	E	2
HOT FOOD		
Chicken Pop Wrap	O	1
Chicken Burger	E	1
Nuggets	O	1
Sausage Roll	O	1
Ham & Cheese Wrap	E	0
Ham, Cheese, Tomato Toastie	E	0
Ham & Cheese Toastie	E	0
Ham & Egg Cup	E	1
Nachos	O	1
Pizza	E	1
Pie	O	1
Lasagna	E	1
SALAD		
Salad Small	E	1
Salad Large	E	1
Chicken/Ham Salad Small	E	2
Chicken/Ham Salad large	E	2
DRINKS		
Flavoured Milk	E	2

Water	E	1
Popper (Apple, Tropical, ABC, Orange and Passionfruit)	E	4
Chill J (Grape, Apple, Watermelon, Raspberry)	E	4
RECESS		
Carrot Sticks	E	1
Boiled Egg	E	1
Popcorn	E	1
Fruit	E	1
Yoghurt (Strawberry, Mixed Berry)	E	2
Red Rock Deli Sea Salt	O	1
GrainWaves Sour Cream & Chives	O	1
Toast - Vegemite/jam/honey	E	0
Sauce BBQ/Tomato		
FROZEN ITEMS		
TNT's (sour strawberry, watermelon)	E	2
Snap Sticks	E	1
Ice Cream	O	1
Ice Cream with Milo	O	1