

Below are some examples of how Smart Choices might be incorporated into a menu, including food choices low in saturated fat, salt and added sugars. Appropriate drink choices include water, reduced-fat milks and reduced-fat soy drinks. Full fat plain and flavoured milks and fruit juice are suitable in smaller serve sizes. Soft drinks should not be available to students.

**Sample three day menu plan**

<b>Meal period:</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>
<b>Breakfast</b>	Cereal, spaghetti/bean jaffles	Cereal, yoghurt, toast and condiments	Cereal, scrambled eggs, lean bacon, tomato, toast
<b>Morning Tea</b>	Fruit kebabs	Low-fat fruit muffins	Fruit platter
<b>Lunch</b>	Ham and salad rolls	Lean steak burgers with salad	Cold meat and salad sandwiches.
<b>Afternoon Tea</b>	Mediterranean roll-ups and fruit	Fruit platter	Traffic light kebabs, cheese and crackers
<b>Dinner</b>	Roast with vegetables, low-fat gravy and bread rolls	Lean spaghetti bolognese and salad	Healthy fried rice and salad
<b>Dessert</b>	Yoghurt, Jelly and Fruit	Apple crumble and Ice Cream	Fruit Salad and Ice Cream
<b>Supper</b>	Hot Milo, Tea, Milk	Hot Chocolate and Plain Biscuits	Hot Milo, Tea, Milk and Plain Biscuits

<b>Sample Buffets</b>	<b>Lunch Buffet:</b>	<b>Dinner Buffet:</b>
<b>Breakfast Buffet:</b>		
Selection of breakfast cereals Selection of breads & spreads Fruits (fresh, dried, tinned) Yoghurts (some low-fat) Pancakes with maple syrup Poached/boiled/scrambled eggs Lean bacon/ham Grilled tomatoes/mushrooms Baked beans/spaghetti	Pasta with tomato & bacon sauce Marinated skinless chicken legs Beef & vegetable noodle stir-fry Steamed rice Sandwich bar Low fat coleslaw & pasta salad Sliced & whole pieces of fruit A selection of low-fat muffins Water	Grilled marinated chicken skewers Lean spaghetti bolognese Lean BBQ pork & vegetable stir-fry Steamed rice Oven baked wedges Mixed vegetables & garden salads Selection of breads & rolls Fresh fruit salad with ice-cream Fresh fruit Water