










































































































# National Food and Drink Policy

## Example GREEN baked items

<p><b>Sweet scone, scroll, pancake*</b> ≤120g</p> 	<p><b>Savoury scone, scroll*</b> ≤120g</p> 	<p><b>Cake*</b> ≤120g</p> 	<p><b>Savoury muffin*</b> ≤100g</p> 	<p><b>Sweet muffin*</b> ≤100g</p> 
<ul style="list-style-type: none"> <li>• Wholewheat date  </li> <li>• Morning glory  </li> <li>• Orange &amp; cranberry  </li> <li>• Lemon &amp; poppy seed  </li> <li>• Coffee, bran, walnut  </li> <li>• Blueberry &amp; oat pancake  </li> </ul>	<ul style="list-style-type: none"> <li>• Pumpkin &amp; feta with pumpkin seeds  </li> <li>• Tomato, onion &amp; cheese  </li> <li>• Wholemeal with caramelised onion  </li> <li>• Basil, pine nut &amp; parmesan  </li> </ul>	<ul style="list-style-type: none"> <li>• Orange &amp; almond  </li> <li>• Black bean, cocoa &amp; raspberry  </li> <li>• Pineapple &amp; coconut  </li> <li>• Apple &amp; feijoa  </li> <li>• Carrot cake with raisins  </li> </ul>	<ul style="list-style-type: none"> <li>• Sweetcorn &amp; black bean  </li> <li>• Sun-dried tomato, olive &amp; pine nut  </li> <li>• Broccoli &amp; cheddar with sunflower seeds  </li> <li>• Wholewheat spinach &amp; feta  </li> </ul>	<ul style="list-style-type: none"> <li>• Apple &amp; pecan  </li> <li>• Carrot &amp; walnut  </li> <li>• Strawberry &amp; flaxseed  </li> <li>• Blueberry bran  </li> <li>• Cherry &amp; almond  </li> <li>• Raspberry, cocoa &amp; beet  </li> </ul>
<p><b>Loaf*</b> ≤100g</p> 	<p><b>Biscuit, biscotti*</b> ≤60g</p> 	<p><b>Bliss ball*</b> ≤60g</p> 	<p><b>Speciality bread^</b></p> 	<p><b>Quiche, frittata, # filo pastry, potato top pie ≤210g</b></p> 
<ul style="list-style-type: none"> <li>• Banana &amp; walnut  </li> <li>• Garlic, rosemary &amp; hemp seed  </li> <li>• Spinach, olive &amp; cheddar  </li> <li>• Coffee, pecan &amp; bran  </li> </ul>	<ul style="list-style-type: none"> <li>• Peanut butter &amp; oat  </li> <li>• Apricot &amp; almond  </li> <li>• Coconut &amp; lemon macaroon  </li> <li>• Almond &amp; pistachio biscotti  </li> <li>• Cocoa, cashew &amp; tahini  </li> <li>• Anzac (oats, coconut)  </li> </ul>	<ul style="list-style-type: none"> <li>• Apple &amp; chia  </li> <li>• Lemon &amp; cashew  </li> <li>• Raspberry &amp; oat  </li> <li>• Ginger crunch (oats, mixed nuts)  </li> <li>• Cocoa, orange &amp; date  </li> </ul>	<ul style="list-style-type: none"> <li>• Black sesame pretzel </li> <li>• Wholewheat hot cross bun </li> <li>• Spinach &amp; feta twist  </li> <li>• Olive bread </li> <li>• Basil pesto &amp; pine nut twist  </li> <li>• Cinnamon walnut bread </li> <li>• Veggie pizza bread </li> </ul>	<ul style="list-style-type: none"> <li>• 3.5 HSR bacon &lt;50g &amp; spinach egg cups </li> <li>• Self-crusting tomato &amp; feta quiche </li> <li>• Pumpkin spinach frittata  </li> <li>• Potato top pie </li> <li>• Curried chickpea filo parcel </li> </ul>

\* Uniced/unfilled, containing at least two WFFVNSLs.

^ Uniced, containing at least one WFFVNSL.

# Crustless quiche, vegetable slice and egg cup must contain vegetables. Bread case pie, filo pastry. Potato top pie ≤210g.

