

National Food and Drink Policy

Example GREEN baked items

Sweet scone, scroll, pancake* ≤120g  - Wholewheat date - Morning glory - Orange & cranberry - Lemon & poppy seed - Coffee, bran, walnut - Blueberry & oat pancake	Savoury scone, scroll* ≤120g  - Pumpkin & feta with pumpkin seeds - Tomato, onion & cheese - Wholemeal with caramelised onion - Basil, pine nut & parmesan	Cake* ≤120g  - Orange & almond - Black bean, cocoa & raspberry - Pineapple & coconut - Apple & feijoa - Carrot cake with raisins	Savoury muffin* ≤100g  - Sweetcorn & black bean - Sun-dried tomato, olive & pine nut - Broccoli & cheddar with sunflower seeds - Wholewheat spinach & feta	Sweet muffin* ≤100g  - Apple & pecan - Carrot & walnut - Strawberry & flaxseed - Blueberry bran - Cherry & almond - Raspberry, cocoa & beet
Loaf* ≤100g  - Banana & walnut - Garlic, rosemary & hemp seed - Spinach, olive & cheddar - Coffee, pecan & bran	Biscuit, biscotti* ≤60g  - Peanut butter & oat - Apricot & almond - Coconut & lemon macaroon - Almond & pistachio biscotti - Cocoa, cashew & tahini - Anzac (oats, coconut)	Bliss ball* ≤60g  - Apple & chia - Lemon & cashew - Raspberry & oat - Ginger crunch (oats, mixed nuts) - Cocoa, orange & date	Speciality bread^  - Black sesame pretzel - Wholewheat hot cross bun - Spinach & feta twist - Olive bread - Basil pesto & pine nut twist - Cinnamon walnut bread - Veggie pizza bread	Quiche, frittata, # filo pastry, potato top pie ≤210g  3.5 HSR bacon <50g & spinach egg cups - Self-crusting tomato & feta quiche - Pumpkin spinach frittata - Potato top pie - Curried chickpea filo parcel

* 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.

