

RAWLINSON PRIMARY SCHOOL
27 Rawlinson Drive, Marangaroo WA 6064
Telephone: (08) 9345 6500



Principal Mr D. Dedman

BIRTHDAY / CELEBRATION

CAKES & TREATS

When providing birthday treats please choose healthy foods from the **GREEN OR AMBER** categories that do not need heating, cutting etc.

Healthy **individual** treats/cupcakes/snacks are required.
Please note: **NO** lollies, chocolates or lollypops.

CHILDS NAME : _____

CHILD'S CLASS : _____

DATE DISTRUBUTED : _____

INGREDIENTS : _____

Signed _____ / /
(Parent/Guardian)

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OFFICE USE ONLY

To be handed out at the end of the day
Please check with : _____

Admin
Signed _____

Green food and drinks

- Cereal foods — wholegrain cereals, pasta, noodles, rice, cous cous, quinoa
- A variety of bread types including wholegrain/ wholemeal
- Vegetables and legumes e.g. stuffed potatoes, corn-on-cob, baked beans, 4 bean mix, garden salads, potato salad, coleslaw (using reduced fat dressings)
- Fruit, fresh and frozen, whole, fruit salad, sliced fruit
- Fruit canned in natural juice
- A variety of sandwich/roll fillings, preferably served with salad e.g. - egg - reduced fat cheese - tuna, canned in spring water or brine - lean meats i.e. roast beef - yeast spreads - hummus • Lean meats, fish, poultry
- Meals , especially those with vegetables e.g. pasta bake, curry and rice, frittata, soup, sushi, rice paper rolls
- Reduced fat dairy products including: - plain milk - flavoured milk (375mL or less) - cheese - plain and flavoured yoghurt
- Plain water
- Plain mineral water

Amber food and drinks

- Savoury breads such as garlic, herb and pizza bases
- Reduced fat pastry items
- Frankfurts and sausages for hot dogs and/or sausage sizzles
- Savoury commercial products, e.g. fish, chicken, potato portions, pizza
- Hamburger patties
- Processed meat e.g. ham, skinfree processed chicken
- Assorted cakes/biscuits or muffins
- Sweet and savoury snack foods
- Plain dried fruit • Ice creams and icy poles
- Reduced fat flavoured milk (more than 375mL & less than 600mL)

NOTE: Reduced fat dairy recommended for children over the age of 2 years

Red food and drinks

- Full-fat pastry items • Deep fried food
- Sweet sandwich fillings e.g. jam, honey, confectionery sprinkles
- High fat meats e.g. polony and salami
- Confectionery e.g. chocolate, liquorice, cough lollies, jellies
- Sweet or savoury snack items that do not meet the criteria e.g. potato chips
- Soft drinks, cordial, sports drinks, energy drinks
- Reduced fat flavoured milk (more than 600mL)
- Reduced fat coffee flavoured milk drink (more than 375mL)
- Full fat flavoured milk (more than 375mL)
- Chocolate coated ice creams
- Jelly; fruit with jelly • Croissants, cream or iced buns/cakes, doughnuts, sweet pastries, slices
- Fruit juice (more than 250mL) and/or with added sugar or sweetener