

CATA LUNCHES

CATA are introducing some changes to our lunch menu. These changes are a positive move towards providing healthier menu options at CATA.

- **Soft drink will no longer available to purchase from CATA.**
- **Pizza will no longer be part of the takeaway menu.**

On October 1st our summer menu of fresh salads and sandwiches starts.

Salad Sandwich \$2.00

(ham or tuna, cheese, tomato, lettuce, beetroot, cucumber)

Salad Plate \$3.00

(ham or tuna, cheese, tomato, lettuce, cucumber, beetroot, pineapple and bread)

Also From October 1st we are trialling **BYO Day** where all Clients and Staff will bring in their own packed lunch. No regular CATA lunches or takeaway will be available on these days. On Thursdays, as we have no Kitchen Volunteers, this will be a regular arrangement.

- ✓ **Bring lunches in a container or sealed plastic bag with your name on it ready to be refrigerated.**
- ✓ **Do not bring food that requires heating.**

BYO Day allows personal choice and promotes learning about healthy food options. It respects cultural differences and supports the individual dietary needs of everyone.

Tips for making healthy food and drink choices

Lunch can consist of a variety of foods

- Bread, particularly wholegrain types. Try rolls or wraps for variety.
- Milk, cheese and yoghurt. Low fat options where possible.
- Lean meat, fish, chicken and eggs.
- Go for 2 Fruit and 5 Vegetables every day.
- Quiche is delicious cold.
- Muffins made with corn, carrot, zucchini or other vegetables.
- Water is the healthiest drink option.

Snacks and light lunches could include

- Rice cakes and reduced fat cream cheese
- Muffins with fruit
- English muffin and cheese
- Fruit Bread
- Pikelets or Scones - fruit or pumpkin
- Wholemeal crackers and cheese
- Crispbreads and spreads