**What’s on the menu?**

As part of your application for a Healthy Sporting Club grant, you must provide details of what food and drink items are currently on offer at your sporting club.

This form is designed to make this process easy for you. Tick the boxes of products on offer, then specify the number of flavours or varieties you stock of that particular product in the right-hand column.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Drinks** | | **Serve size** | | | **Number of flavours** |
| ✓ | Soft drinks | 250mL  375mL | 390mL 600mL | More than 600mL | Choose an item. |
|  | Soft drinks – sugar free | 250mL  375mL | 390mL 600mL | More than 600mL | Choose an item. |
|  | Iced tea | 250mL  375mL | 390mL 600mL | More than 600mL | Choose an item. |
|  | Iced tea – sugar free | 250mL  375mL | 390mL 600mL | More than 600mL | Choose an item. |
|  | Kombucha | 250mL  375mL | 390mL 600mL | More than 600mL | Choose an item. |
|  | Mount Franklin –  flavoured sparkling water | (Any) |  |  | Choose an item. |
|  | Deep Spring –  flavoured sparkling water | (Any) |  |  | Choose an item. |
|  | Energy drinks (including sugar free)  (e.g. Red Bull, Monster, V) | (Any) |  |  | Choose an item. |
|  | Sports drinks  (e.g. Gatorade/Powerade) |  | 600mL | More than 600mL | Choose an item. |
|  | Sports drinks – sugar free |  | 600mL | More than 600mL | Choose an item. |
|  | Juice boxes – 35% juice or less | 300mL or less | 300mL or more |  | Choose an item. |
|  | Juice- 96-100% fruit juice | 300mL or less | 300mL or more |  | Choose an item. |
|  | Coffee/Tea |  |  |  | Choose an item. |
|  | Hot chocolate/Chai latte/Mocha | 300mL or less | 300mL – 500mL | More than 500mL | Choose an item. |
|  | Plain water | (Any) |  |  |  |
|  | Mount Franklin flavoured still water | (Any) |  |  | Choose an item. |
|  | Pump flavoured water | (Any) |  |  | Choose an item. |

Please write down any additional drinks on offer that are not included in this list:

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| --- | --- | --- | --- | --- | --- |
| **Drinks** | | **Serve size** | | | **Number of flavours** |
| ✓ |  | 250mL  375mL | 390mL 600mL | More than 600mL | Choose an item. |
|  |  | 250mL  375mL | 390mL 600mL | More than 600mL | Choose an item. |
|  |  | 250mL  375mL | 390mL 600mL | More than 600mL | Choose an item. |
|  |  | 250mL  375mL | 390mL 600mL | More than 600mL | Choose an item. |

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| **Snacks** | | **Number of flavours** |
| ✓ |  |  |
|  | Chocolate bars | Choose an item. |
|  | Packet chips | Choose an item. |
|  | Packet popcorn | Choose an item. |
|  | Lollies | Choose an item. |
|  | Cake | Choose an item. |
|  | Slices (including bliss balls) | Choose an item. |
|  | Muffins | Choose an item. |
|  | Ice-creams/icy-poles  (e.g Drumstick, Paddle Pop, Cyclone) | Choose an item. |
|  | Icy-poles – 99% fruit juice (e.g. Berri Quelch) | Choose an item. |
|  | Whole pieces of fruit (e.g. bananas, mandarins, oranges) | Choose an item. |

Please write down any additional snacks or confectionery on offer that are not included in this list:

|  |  |  |
| --- | --- | --- |
| **Snacks** | | **Number of flavours** |
| ✓ | (e.g. nuts, muesli bars, dried fruit…) |  |
|  |  | Choose an item. |
|  |  | Choose an item. |
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| **Food** | | **Number of flavours** |
| ✓ |  |  |
|  | Hot chips – small |  |
|  | Hot chips – large |  |
|  | Hot chips with gravy |  |
|  | Hamburger | Choose an item. |
|  | Hamburger with bacon |  |
|  | Sausage sizzle/hot dog |  |
|  | Chicken nuggets |  |
|  | Egg and bacon roll/burger |  |
|  | Meat pies | Choose an item. |
|  | Sausage rolls | Choose an item. |
|  | Spinach and ricotta rolls |  |
|  | Pastie (meat/vegetarian) | Choose an item. |
|  | Sandwiches (including toasties), rolls and wraps  including ham or bacon | Choose an item. |
|  | Sandwiches (including toasties), rolls and wraps  including cheese/chicken/salad/beef/pork | Choose an item. |
|  | Soup with cream | Choose an item. |
|  | Soup without cream | Choose an item. |
|  | Fish and chips (battered) |  |
|  | Fish and chips (grilled) |  |
|  | Nachos (beef and/or vegetarian) | Choose an item. |
|  | Lasagne (beef and/or vegetarian) | Choose an item. |
|  | Curry without coconut milk/cream | Choose an item. |
|  | Curry with coconut milk/cream | Choose an item. |

Please write down any additional food on offer that are not included in this list:

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| --- | --- | --- |
| **Food** | | **Number of flavours** |
| ✓ | (e.g. fried rice, roast dinner meal, any meals made in-house…) |  |
|  |  | Choose an item. |
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